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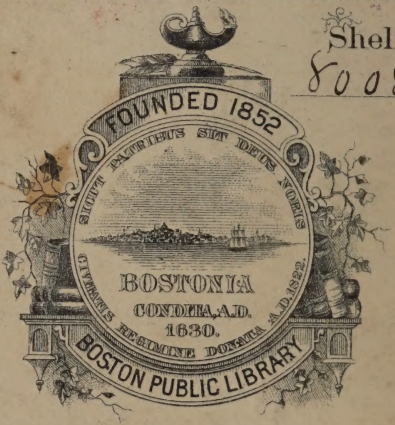
JUST HOW

A KEY TO THE COOK-BOOKS

MRS. A. D. T. WHITNEY



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JUST HOW:

A KEY TO THE COOK-BOOKS.

BY

MRS. A. D. T. WHITNEY.

AUTHOR OF "REAL FOLKS," "WE GIRLS," "THE OTHER GIRLS," "THE GAYWORTHYS," ETC., ETC.

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PREFACE.

THE Literature of Cookery is already enormous. The name of the receipt books is legion. I do not madly propose to add, as such, to the number.

But what is a literature without a grammar?

I do propose to make a little grammar of cuisine.

I mean to take up the very A B C of its etymology; to give its parts of speech; to show the elementary principles of its syntax. Then you may go to the encyclopedias and libraries. All print will be open to you.

With due and thankful acknowledgments to the books of direction that have helped me in more than thirty years of housekeeping to get my experience, I must say that in none of them have I found what would anticipate that experience with a sufficiently definite showing of "Just How." In no recipe that I ever mixed by has the mysterious element of "knack," "judgment," "gumption," been allowed, resolved, and measured with the least attempt at precision. Yet it should be, more than — even instead of — ingredient, weight, or proportion. Good guess and clever invention may compass

these; the other is the *trade*, the *handling*, — that one must be apprenticed to learn. You can catch it from any old woman whom you see do the thing; that is, if you have any constitutional aptitude to catch it with.

I propose to be that old woman, and to let you see, over my shoulder, how I do a few things that I have found out what seems to me a best way of doing.

You cannot learn to knit by a pattern-book that tells you to "knit four, purl three, cast off one;" you must be shown first how to hold your needles, how to catch your yarn and put it over, how to pick the stitch through. You could not make a garment by being told to "close the side seams, hem the bottom, gather the top into a band," if you did not first know how to use thimble and needle together; how to run and stitch and over-sew; how to turn a hem and fit a band.

So that seeing done is not all, either; lectures and experiments — even looking over shoulders — will not put the secrets into your memory, much less into your fingers' ends. Therefore I mean, after I have shown you rules and methods, to stand by while you do the examples. I mean to give you simplest details and sequences; to tell you when to take this, when that, what to put them in, how to handle and mix them. I shall be so particular, so repetitious, such a very Ollendorff of an old woman in my exercises, that you may think it nonsense in

the reading ; but I shall only reiterate in print what has to be reiterated in memory and practice a great many more times, before one can do the things precisely, easily, off-hand, without direction or reference.

More than half the difficulty and bewilderment of kitchen work is from taking things wrong end foremost, or plunging into the middle, and so making an anxious muss of it, instead of a clean, clear, successful process. I will save you, if I can, the using of an unnecessary cup or spoon, or the hurry of a critical moment for want of a dish or an ingredient that should be right next at hand.

I mean, too, to show you the natural classification of processes, instead of multiplying formulæ which only differ from each other in slightest changes of proportion, and which you can vary for yourself and at your convenience, if you once know how certain elements invariably work together, and what simplest mixtures form the bases of whole orders of dishes and dressings.

There are in cookery, as in all things, three definite stages of doing; and they are the stages of the children's play-rhyme : —

> " One to make ready ;
> Two to prepare ;
> Three to go slambang,
> And there you are ! "

If you can make ready and prepare, you can go s'ambang with the most delicious confidence.

I do not wish, or expect, to replace or to render

useless the fine compendiums of housewifery like Marion Harland's, Mrs. Cornelius's, Mrs. Putnam's, and others. I only put in your hands a little primer, which you can learn first, and turn back to when you want any rule of spelling or parsing to help you through with a difficult construction in an advanced and general work.

There are no fancy or hearsay recipes in this manual of examples. Neither are there any so closely duplicated, or so superfluous, as to perplex you in your choice, or be needless in your regular repertory. You may begin with "Yeast," and cook through to "Cider Apple Sauce," with perfect reliance. Having done so, in such order and combination as you found convenient, you will have set forth from time to time, in your results, just such a fair, simple, palatable, and sufficient variety of food-preparations as befits most family tables, from which you may form a comfortable bill of fare for the year round. By the same progress, you have become, in like degree, a capable journeywoman at your trade.

Pass on, then, if it please your turn, to skilled craft, high art, grand-mistress-ship.

I wish you a very friendly good-by.

A. D. T. W.

CONTENTS.

PAGE

PREFACE iii

SECTION I.

THINGS TO WORK WITH 1
List for the Tin Closet 5
List for the Dish Closet 6

SECTION II.

PRELIMINARIES 6
Time 10
Time-Table: Vegetables 11
Time-Table: Meats: Ordinary Roasts 11
Time-Table: Boiled Meats 12
Time-Table: Fish 13
Measures 13
Order and Methods of Mixing 15
First Method 16
Second Method 16
Third Method 17
Fourth Method 17
Fifth Method 18
Sixth Method 18
Thickening 18

SECTION III.

RECIPES.

PART I. — YEAST, BREAD, AND CAKES 19
Batters 48
Baking Powder 26
Biscuits, Cream-tartar 25

Biscuits, Soda 24
Biscuits, Yeast 23
Biscuits, Cold, to warm over 66
Bread, Brown 40
Bread, Graham 41
Bread, Graham, without Yeast 42
Bread, White 21
Bread, Sour 66
Brewis, Brown Bread 65
Brewis, White Bread 65
Buckwheat Cakes 51
Corn Muffins 47
Crackers, Crisped 66
Cream Crust, "Gayworthy" 28
Crumpets 43
Doughs 21
Doughs, Semi 39
Doughnuts, Plain Raised 30
Doughnuts, Raised with Butter and Eggs 32
Doughnuts, Soda 34
Doughnuts, Soda, with Butter and Eggs 34
Griddle Cakes, Bread-crumb 57
Griddle Cakes, Country 49
Griddle Cakes, Cream-tartar 51
Griddle Cakes, Egg Batter 53
Griddle Cakes, Graham 51
Griddle Cakes, Raised 56
Griddle Cakes, To fry 49, 50
Gruels, etc. 58
Gruel, Arrowroot 60
Gruel, Indian Meal 59
Milk Porridge 59
Milk, Thickened 59

Huckleberry Cake 47
Muffins, in general 44
Muffins, Corn (Sponge Corn Cake) 46
Muffins, Graham 42
Muffins, Soda 43

Muffins, Rye 45
Muffins, Yeast 42
Pastry 35
Pie-crust, easily made, and very nice 35
Pie-crust, Crisp and Flaky 36
Popovers 54
Rice Cakes 56
Rye Cakes 44
Rye Drop Cakes 45
Short Cake, Light 26
Short Cake, Light Pastry 27
Short Cake, "Gayworthy" Strawberry 28
Short Cake, Strawberry 29
Split Cake, or Spider Cake 27
Sponge Corn Cake 46
Waffles 54
Waffles, Raised 57
Ways to use Bread, Toasts, etc. 61
Toast, Buttered 61
Toast, Cream 62
Toast, Milk 63
Toast, Split Cake 64
Toast, Water 62

PART II. — CAKE 67
Lemon Queen Cake 72
One, Two, Three, Four Cake 70, 71
Orange, or Gold Cake 77
Old-fashioned Pound Cake 75
Queen Spice Cake 73
Snow, or Silver Cake 78
Sponge Cake 67
Cakes raised with Yeast 79
Buns 81
Loaf Cake 79
Icing for Cake 80
Gingerbread, Plain 82
Gingerbread, Queen 73
Gingerbread, Rich Spiced 74

Cookies, etc. 84
Cookies, Crisp, rolled out 90
Cookies, One, Two, Three, Four 88
Drop Cakes 93
Gingerbread, Thin Molasses 91
Gingerbread, Thin Sugar 89
Ginger Snaps 91
Closing Remarks upon Cake-making 93
Measures of Flour with different moistening Materials, for different Cake Consistencies 85, 86

PART III. — TEA, COFFEE, AND SIMPLE BREAKFAST DISHES 94
Coffee 95, 96
Chocolate, Cocoa, Broma, etc. 96
Tea 94
Eggs, Boiled 97
Eggs, Dropped 98
Eggs, Fried 97
Eggs, Scrambled 98
Omelette 99
Fish, Fresh, Broiled 112
Fish, Fresh, Minced 112
Fish, Salt 108
Fish, Salt, Balls 109
Fish, Salt, Minced 110
Fish, Salt, Scorched 111
Fish, Smoked 111
Fish, Pickled 113
Ham, Broiled 114
Ham, Fried 114
Hasty Pudding 102, 103
Hasty Pudding, Fried in Balls 103, 104
Hasty Pudding, Fried in Slices 104
Hominy, Fine 100
Hominy, Coarse 101
Hominy Cakes 101
Hominy, Fried 102
Potato Balls 108
Potatoes, Fried 104

Potatoes, Fried Raw 105
Potatoes, Saratoga 105
Potatoes, Soufflée 107
Potatoes, Stewed 106
Sausages, Fried 114
Sausage Cakes, Baked 115

PART IV. — SOUPS, STEWS, AND FRICASSEES . . . 116
General Principles 116
Thickening Soups and Gravies 120
Browned Flour, for thickening Soups and Gravies . . 121
Beef Tea 122
Broth, Chicken 125
Broth, Mutton 124
Amber Soup 127
Beef Soup 126
Drawn Soup 123
Oyster Soup 139
Pea Soup 130
Potato Purée 133
Turtle Bean Soup 130
Vegetable Soups, Simple 131
Vegetable Soups, Mixed 132
White Soup 128

Butter and Cream Thickening, for Stew or Fricassee . . 136
Dumplings, for Soup or Stew 134

Stews, Simple 134
Stew, Irish 135
Stew, White Veal 136

Fricassees 137
Brown Fricassee, Chicken 137
Brown Fricassee, Veal 138
White Fricassee, of Veal or Chicken 139

Chowder, Fish 140
Chowder, Clam 141

Stewed Clams 142
Macaroni and Tomato 142

PART V. — FISH 143
Baked Fish 145
Boil-bake, with Cream Dressing 148
Boil-bake, with Sauce-gravy 147
Roast-bake, with Stuffing 145
To Boil 143
Boiled Cod, Cusk, or other White Fish 149
Boiled Cod and Oysters 149
Broiled Fish 150
Broiled Fish Steaks 150
Butter Sauce, for Boiled Fish 144
Cream-butter Sauce, for Fish and other Dishes . . . 148
Fried Fish 151
Fried Fish, large, sliced 151
Fried Fish, small, whole 152

PART VI. — MEATS 153
Boiled Meats 153
Beef, Alamode 155
Beef, Bouilli 153
Beef, Corned 156
Chickens 163
Ham 160
To brown Boiled Ham 161
Lamb 160
Mutton 159
Pigeons (Potted) 164
Pork, Corned 161
Sweetbreads (Stewed) 158
Tongue 157
Turkey 161
Dressing, for Boiled Turkey, and other Stuffed Meats . . 161
Veal 158
Broiled Meats 178
Beefsteak 178
Birds 181

Chicken 180
Grouse 181
Veal 180
Roast Meats 165
Beef, Mutton, or Lamb 168
Yorkshire Pudding, with Roast Beef 168
Birds 174
Chickens 174
Chicken or Veal Pie 175
Ducks 174
Goose 174
Grouse 174
Pork 170
Pork and Beans, Baked 171
Sweetbreads 170
Turkey 172
Veal 169
Roast Meats, warmed over 175
Beef 175
Mutton and Lamb 176
Pork 177
Turkey, Chicken, etc. 177
Veal 176

PART VII. — SAUCES 181
Apple Sauce 186, 187
Bread Sauce 181
Butter, Melted thick 185
Cauliflower Sauce 183
Celery Sauce 182
Cranberry Sauce 185
Mint Sauce 183
Pudding Sauce 187
Cold Pudding Sauce 188
Salad Dressing 183
Salad Dressing, without Oil 185

PART VIII. — VEGETABLES 189
Asparagus 198

Beans, Shelled 199
Beans, String 199
Beets 195
Cabbage 194
Cauliflower 194
Corn 199
Canned Corn, or Beans 200
Egg Plant 200
Macaroni 192
Onions 195
Oyster Plant 200
Parsnips 195
Peas 198
Potatoes 189
Potato, Browned 190
Potato, Cream 190
Potato, Snow 190
Rice 191
Spinach 197
Squash, Summer 197
Squash, Winter 196
Tomatoes 192–194
Turnips 195

PART IX. — PUDDINGS AND PIES 201
Puddings, general divisions 201
Pudding Crusts 201
Pudding, to boil, in Tin Boiler 203
Apple Dumpling 203
Apple Dumpling, to warm over 205
Huckleberry Hollow 205
Pan-dowdy 205
Soft-mixed Puddings 206
Bread Pudding, Boiled 206
Fruit Pudding, Boiled 207
Huckleberry Pudding 209
Indian Pudding, Baked 209
Indian Pudding, Boiled 208
Plum Pudding, Boiled or Baked 210

Rice, Tapioca, and Sago Puddings, etc. 211
Lemon Pudding 213
Rice Pudding 212
Sago Pudding 213
Tapioca Pudding 212
Sandwich Puddings 214
Apple Sandwich 217
Berry Sandwich 218
Apple or Berry Scallop 219
Bread and Butter Pudding 214
Bread and Butter Plum Pudding 215
Batter and Custard Puddings 220
Batter Pudding 220
Custard Pudding 221
Pancakes 221
Sunderland Puddings 221
Meringue 219
Pies 223
Apple Pie 223
Apple Pie, Sauce-filled 224
Apple Pie, Sliced 223
Berry, Cherry, Peach, and other Pies 226
Cranberry Tarts 226
Small Tarts 227
Custard Pie 228
Lemon Pie 227
Mince Pie 230
Rhubarb Pie 225
Squash Pie 229

PART X. — JELLIES, BLANC-MANGES, AND CREAMS . . 234
Jellies 234
Jelly-bag 234
Coxe's Gelatine 235
Calf's-foot Jelly 241
Chicken, or Veal Jelly 242
Chicken, or Veal, Jellied 243
Fruit-juice Jelly 238
Lemon Jelly 237

Orange Jelly 237
Sea-moss Jelly 238
Tapioca or Sago Jelly 240
Apple and Sago 240
Wine Jelly 236
Blanc-manges 244
Corn-starch or Arrowroot Blanc-mange 247
Farina Blanc-mange 248
Gelatine Blanc-mange 246
Sea-moss Blanc-mange 245
Tapioca or Sago Blanc-mange 247
Creams 248
Whipped Creams 249
Cream, Simple, Whipped 254
Charlotte-Russe 250
Bavarian Cream 251
Chocolate Cream 251
Velvet Cream 252
Flummery 253
Snow 252

PART XI. — SYRUPS, CORDIALS, FRUIT-JELLIES, SHRUBS, WINES, PRESERVES, JAMS, MARMALADES 255
Simple Syrup 256
Cold Syrup, or Eau Sucrée 256
Cordial 257
Cherry Cordial 259
Shrub 257
Wine 258
Jellies 260
Preserves 261
Apples, Pears, and Crab-apples, Preserved 262
Apples, Coddled 266
Berries, Preserved 264
Cherries or Plums, Preserved 263
Melon Rind, Preserved 264
Peaches and Pine-apples, Preserved 262
Quinces 264

Jams 266
Marmalade 267
Orange Marmalade 267
Simple Fruit Sauces 268
Baked Apples 269
Dried Apple Sauce 270
Stewed Prunes 269

PART XII. — PICKLES 270
Sour Pickles 270–274
Vinegar-pickle 272
Cabbage, Pickled 276
Cauliflower, Pickled 276
Chow-chow 278
Cucumbers, Pickled 274
Mangoes, Pickled 277
Melon Rind, Pickled 274
Peaches, Pickled 275
Tomatoes, Pickled 275
Walnuts and Butternuts 277
Handsome Red Pickles 279
Cherries, Barberries 279
Pickle Salad 279
Sweet Pickles 280
Apples, Pears, and Peaches 280
Cherries 281
Melon Rind 281
Plums, etc. 281
Spiced Currants 281
Cider Apple Sauce 282

SECTION IV.

SYNTAX 282
Breakfast, No. I. 283
Breakfast, No. II. 288
Breakfast, No. III. 290
Breakfast, No. IV. 291
Dinner, No. I. 293

Dinner, No. II. 296
Dinner, No. III. 297
Dinner, No. IV. 300
Tea, No. I. 302
Tea, No. II. 304
Tea, No. III. 305
Tea, No. IV. 306
Scalloped Oysters 307
Seven Little Things to Know 308
Last Words 309

JUST HOW.

SECTION I.

THINGS TO WORK WITH.

In general, as in particular, my subject naturally resolves itself into three steps or divisions.

The "making ready section" shall be a chapter of hints as to what one needs, and in the best arrangement of things, to work with. I mean essentials, things everybody can have in a simple way. Those who are able, and like, may be a great deal more elaborate and luxurious, with pantries, fixtures, appliances of all sorts, some of which, very likely, I have never heard of.

First, a neat kitchen. And have it sunny, if you can; with windows on the south side, and closets on the north.

In this kitchen, three tables, if you have room for them: one (which I will call the cook's dresser) for preparing meat, vegetables, etc., and for dishing up; one clear, for general handiness; and one a dresser for nice work.

The first should be near the sink and the fire.

The second should be beside, or near the first; but easily movable anywhere. Have it beside the fire, with all your needful things arranged upon it, when busy with frying, baking, or preserving. The third on a separate side of the room, but in good light. This is the lady's cooking table.

The cook's dresser should have, about, or within reach of it, these things: —

A small meat-block and hatchet.

A little saw, for bones.

A meat knife.

Rolling-board and pin.

Tinned spoons; and skewers.

Washing-pans, for meat and vegetables.

Chopping-tray and knife.

A small, sharp, narrow-bladed, wooden-handled knife, for paring vegetables and fruit, and for many other things.

A cupboard and shelf, with a drawer above them, in this table, will make a sufficient accommodation for all these articles; spoons, etc., are conveniently kept hung upon small hooks beside or over it.

Over the sink may hang the pans mentioned, also dish-pan, saucepans, dippers, tin measures, etc. A leather strap tacked up, so as to form sockets for knives, etc., is very handy. Below will be the usual closet for iron pots, kettles, griddle, spiders, — a large and a light one, — roasting pan, etc., etc. Among these, have a broad, open iron kettle, four or five inches deep, for a frying-kettle for doughnuts, fish-balls, etc.

Of course there will be elsewhere a tin-closet and a dish-closet, or one ample for both, in which additional wares and utensils will be sorted and arranged. I will give essential lists of these presently.

The lady's table should have two or three shelves over it; one also beneath it like the cook's table, to slip the moulding-board and pins upon when not in use.

Have two rolling-pins; an ordinary sized one, and one of half the diameter, for light, delicate rolling, as cakes, etc.

A cupboard below would be well, for cake-tins, etc. And have here, above all, a couple of *sheet-iron* loaf-pans, for baking. You will hardly wish to use anything else for loaves of bread or cake, when once you have possessed them.

Let the lowermost of your shelves above the table be far enough above it to admit of a jar or box of sugar, the same for eggs, and for any other things you may like to have right at hand, in quantity, for your own cooking.

Upon the shelves have cups, bowls, baking-dishes, measures; small sifter, strainer, pails for boiling, one within another; spice-box, tin canisters of herbs and condiments, etc.; whatever you gather, as you go on, for your own use in your work.

Insist on having all these things kept sacred to you, and ready in their places. It is worth while to have in the servant's closet duplicates of all that are needful. Unless, indeed, you have that friendly,

capable, trustworthy woman who can do "lady's cooking" for you, and in such service minister at your own shrine.

Your table-drawer may hold your own kitchen towels, aprons, etc. Keep a supply of good strainer-cloths, fine and coarse, here also.

Hang your egg-beater, nutmeg-grater, lemon-grater, little chopping-knife, spoons, ladle, etc., up and down the frame-edges of your shelves.

Keep a *palette-knife just where you can lay your hand on it*, for scraping out your cups and mixing-bowls.

The best kind of common sifter, for light work, is that in the pail or basket shape, which you shake by the handle.

The most convenient spice-box arrangement is a caster-stand, with half a dozen little tin canisters, labeled. Keep in one of them *mixed spice*, such as will be spoken of in its place.

For an egg-beater, I like a large, strong, spoon-shaped wire one, better than any rotary or other patented affair. A broad fork beats yolks, a *small* quantity of whites, or an egg or two, better than the large beater.

Have a chair, — or chair and cushion, — high enough to enable you to sit at your table for much of your work; even, if need be, for rolling out cakes and pie-crust. A footstool beneath will make you utterly comfortable.

And now, my lady, — my dame, — bread-guardian

and house-queen, — you have your Boffin's bower, your feudal-hall arrangement; dais and domestic poetry at one end, — prose and "the marsh," if they must be, at quite the other.

LIST FOR THE TIN-CLOSET.

Two steamers: an ordinary-sized one for general use, and a small one to fit over the tea-kettle, but projecting sufficiently to contain a small pudding or half a dozen custards.

Colander. — Vegetable-sifter. — Gravy-strainer.

Four sheet-pans, for biscuits, gingerbread, etc.

Four deep loaf-pans: two brick-loaf size: two larger. These of *sheet-iron*, in great preference to *tin*.

Six deep, and six shallow, *old-fashioned* pie-plates, with *flat rims*. The ordinary modern pie-plates, with *sloping* rims, let your edge-crusts slip down into the pie-mixture.

Four Washington pie-plates, with upright rims.

Eighteen muffin-rings: eighteen stone baking-cups.

Three block-tin or enameled iron saucepans (pint, quart, and two-quart measures).

Tin measures: gill, half-pint, pint, and quart. The small ones will be accurate for all "cup" quantities and proportions, in following recipes.

Two porcelain-lined kettles, four-quart each.

FOR THE DISH-CLOSET.

Two large mixing-bowls.

Two two-quart bowls, with lips.

Three, each, of quart and pint bowls.

Three, each, of quart and two-quart round nappies.

Two platters.

All these of common "C. C." ware, or yellow earthen.

Three blanc-mange moulds, different sizes.

Six deep plates, in which things may be set away, that are left cold from the table.

Six pitchers, pint and quart sizes.

Two large pitchers.

Two stone jugs, quart measure or more each, with tight corks or plugs, — for yeast.

SECTION II.

PRELIMINARIES.

Under the head of "preparing" come all the little rules and hints for allowance of time, the care of fire and oven, the best way to do the initial things that are only mentioned or taken for granted in the usual recipes.

So I will set down here a few such little proved ways and tricks of the trade as I think have much concern with the comfort of doing, and the success of things done.

I recommend these rules to be learned in advance, and carefully remembered in practice.

RULE 1. Always have hot water, both in tea-kettle and dish-kettle.

RULE 2. Look to fire and oven before getting ready to bake. The fire should be clear and solid at the bottom, and through the middle, with a replenishment of fuel already kindling at top that will last through the baking. For bread, and most baking, the oven should be of such a heat that you can hold your hand in it while you count twelve, moderately, *but no longer.*

If, by any accident, the oven proves much too hot at the time when you are obliged to put in cake, or any preparation which ought not to wait, invert a shallow tin plate upon the floor of it, and set the baking-pan on that; and put a shallow dish or pan of cold water upon the grated shelf of the oven above.

RULE 3. Put all your dishes, implements, and materials on your table before you begin a piece of work; the ingredients weighed or measured, and the utensils ranged together, — spoons, forks, and beaters in their respective bowls; a tool and a receptacle for every part.

In weighing, use a spring balance, and a *paper bag* to hold the article, such as flour, sugar, and even butter. The bag weighs nothing, and you have no troublesome, fractional allowance to make. Save your paper bags which come from the grocer.

Butter your baking or boiling tins.

If you have spices to mix, lemons to grate, or the like, do such things.

Prepare your flour with salt, soda, etc., if directed.

If milk is to be boiled, put it in your double boiler, set it on the fire while you beat eggs, etc. If it is ready before you need it, remove the boiler to the back or the hearth of your stove. It can wait; only keep it covered, that the skim may not rise and harden.

Milk, or any preparation that is easily scorched, should always be put in a double boiler; the outer one containing water, the inner that which is to be cooked. Two nice tin pails, one to set within another, make a cheap and convenient "bain marie." These ought to be always in readiness upon your "own" shelves.

RULE 4. In cold weather, lay eggs in warm water a few minutes before breaking them. They will beat much quicker and better. If you do this, be particular to wipe each egg before breaking, that no water may run in with it to the bowl.

Beat yolks first; they will bear to stand. Do it with a broad fork, unless you have a great many, when you may prefer a wire beater.

Beat with a *flop;* that is, carry a flap over with every stroke, making a thick sound that thickens and softens as you persist. A coarse, bubbly froth is a bad beginning. You want to keep your egg

smooth, and let it turn imperceptibly from smoothness to the finest aeration.

Beat yolks until they are of a *lemon* yellow instead of an *orange*, and all of an even, velvety, spongy foam.

Beat the whites in a large bowl. Whip them over and over, with the same *flop* as before, cutting through to the bottom and from side to side every time. As you proceed you will be able to *wind* or *scroll* the foam; that is, you can keep an axis to your revolutions, round which the "flap" will turn. Continue until the foam is stiff and dry, so that you can turn the bowl upside-down without its sliding out.

RULE 5. When soda is used, mix the measure of it, finely powdered, or "braided," into the measure of the flour, with salt at the same time. When soda and cream-tartar are used, mix both thoroughly together, and then both into the flour, all being *perfectly dry*. This is another reversal of common practice. I find, nearly without exception, that mixtures chiefly dependent upon soda for the raising are surer and better for doing in this way. Of course, there *are* exceptions, which will appear in their special recipes. They are usually those where a slow mixing of many ingredients is necessary; this obliges the adding of the soda, dissolved, at the very last. Only a quick tossing together, which brings all the elements into action at once, will do when the lightening ingredient has been prepared in the flour beforehand.

RULE 6. To cream butter, let it stand in a warm place a little while before you begin to work it. Do not let it really melt. Work with a spoon until you can stir; stir until you can beat. For nice cookery, it should be light like cream, so that you can whip it.

TIME.

The fore-calculation of time belongs to the preliminaries. One must have an idea of how long a thing will take in cooking, to know when to begin it, and in what order to proceed with several things that will all be wanted together.

Biscuits and small cakes will bake in from fifteen to twenty minutes.

Loaves of bread, of quite moderate size, in from half an hour to three quarters. Large loaves, an hour.

Brown bread, boiled, three hours.

Loaves of sponge-cake, three quarters of an hour.

Loaves of richer cake, according to size, of course, but averaging from forty-five minutes to an hour.

Thin cakes, to be looked at very surreptitiously, in ten minutes; to be shifted in the oven *quickly*, when necessary for baking evenly. To be watched till done.

Baked puddings, such as bread, rice, tapioca, sago, cocoa-nut, lemon, take one hour.

Indian pudding, plum-pudding, two hours.

Custard, and cream varieties, must be watched after ten minutes: bake, *perhaps*, twenty.

Batter, Sunderland, and cottage puddings average forty-five minutes.

Boiled puddings, — apple, plum, Indian, huckleberry, — three hours.

Pie-crust, baked, about half an hour.

TIME-TABLE.

VEGETABLES.

Thirty minutes. — Potatoes; peas; asparagus; corn; rice; canned tomatoes; macaroni; summer squash.

Forty-five minutes. — Young turnips; young beets; young carrots; young parsnips; fine hominy; tomatoes; baked potatoes; sweet potatoes, boiled; canned corn; onions; large sweet potatoes, baked.

One hour. — Young cabbage; string beans; shelled beans; winter squash; oyster plant; spinach; cauliflower.

Two hours. — Winter cabbage; winter carrots; coarse hominy; Bermuda onions.

One hour to two hours. — Winter turnips; winter parsnips.

Old beets, *forever.* Which means all the time you have.

MEATS.

Ordinary Roasts.

Beef, seven or eight pounds, one hour and a half; ten pounds, two hours. Can then be roasted over second day.

Mutton, one hour and a half.

Lamb, a little less, according to age and size.

Veal, four hours.

Pork, four hours.

Turkey, two hours and a half to three hours.

Goose, a large one, two hours.

Chickens, one hour, to one and a half.

Tame ducks, one hour.

Game ducks, half an hour.

Grouse, partridges, and the like, twenty-five minutes.

Pigeons, half an hour.

Small birds, fifteen or twenty minutes.

Eight pounds are an average weight for roasting pieces; and I have made my table on that average. For rare meats, the allowance is about twelve minutes to the pound; for meats that must be very much done, half an hour to the pound.

Boiled Meats.

Beef, *à la mode*, four hours.

Bouilli, four hours.

Corned beef, four hours.

Tongue, smoked or saltpetred, four hours.

Tongue, corned, three hours.

Mutton, leg, one hour and a half to one and three quarters.

Veal, three hours.

Ham, five hours.

Corned pork, three hours.

Turkey, ten pounds, three hours.
Chickens, one hour to one and a half.
Old fowls, two hours.

FISH.

Halibut, salmon, and other large, hard fish, boiled, fifteen minutes to a pound.

Bass, blue-fish, etc., medium size, half to three quarters of an hour.

Fresh cod, boiled, half an hour for four to five pounds.

Halibut, salmon, etc., *baked*, an hour for five or six pounds.

Bass, blue-fish, shad, etc., baked, one hour.

Trout, pickerel, lake white-fish, etc., baked, half an hour.

These rules are as near as can be given in arbitrary classification, and are intended to serve for allotment of time in preparing meals, so that it can be seen, on one page, what the general calculation must be for selections from the lists. Needful particulars will appear in the proper places.

MEASURES.[1]

A tumbler, or ordinary coffee-cup full, is half a pint.

A wineglassful is half a gill.

[1] Spoons, cups, tumblers, above all, "quart" measures, vary; therefore, verify your own measures by a sure standard, then you may use them instead of weights for after convenience.

Eight tablespoonfuls of liquid measure a gill.

A pint of granulated sugar is about a pound.

Three half-pints of dry sifted flour are a pound.

Four even saltspoonfuls make a teaspoonful, therefore a half or quarter teaspoonful may be measured with a saltspoon.

Four even teaspoonfuls make a tablespoonful.

One very heaping teaspoonful makes a round tablespoonful.

Eight round tablespoonfuls make half a pint.

When a very little salt is needed, as in custard, sponge-cake, etc., a saltspoonful is good measure for an ordinary recipe.

By a "scatter" of pepper, or other condiment, I mean so much as will just sprinkle, or freckle, in scattered grains, the surface of the matter cooking, as you would grate nutmeg over a pudding-sauce or upon a rennet custard, or pepper a dish of mashed vegetable before sending in.

A teaspoonful of soda to a quart of flour.

Two teaspoonfuls of cream-tartar to one of soda.

One pint of sour milk to one teaspoonful of soda.

A level teaspoonful of salt to a quart, for soups, and other fluid mixtures which require a decided salt seasoning.

For mixed spices, — three heaping teaspoonfuls of cinnamon to one of clove and two of nutmeg, or one, heaping, of ground mace, make a nice proportion. For spiced cakes or puddings, a half, or even teaspoonful of allspice may be added.

When a "teaspoonful," without qualification, is directed, a spoon just rounding full, but not at all heaped, is meant.

By a "cupful," the breakfast cup, or half-pint, is meant.

A cupful of butter, *broken*, means measured in pieces, laid in as nearly compact as you can naturally place them.

A cupful of butter, *solid*, means pressed down, and packed.

A broken half-pint cupful weighs a scant half pound.

A solid half-pint cupful weighs a full half pound.

Our rules here lead us to the third, or finishing stage of things: to the beginning, that is, of the end; the "flinging together," which is the penultimate of adept and successful cookery. The recipes of this little book will give this, in instance and in particular; but there is a general order which should be known, that all recipes may be understood and interpreted at sight. I close this section, therefore, with the

ORDER AND METHODS OF MIXING.

N. B. In mixing dough, or paste, a closely approximate rule is to take *one scant measure of liquid for two full ones of flour.*

For batter, *measure for measure; still scant for the liquid, full for the flour.*

The ordinary direction, to "add flour sufficient to make" a dough or batter, is one of those exasperating ones which presuppose a formed judgment and established practice which have little need of directions at all, and which leave the novice in a blind hesitation over her work, or plunge her into a wild and terrified struggle with her materials, at the point where a sure, calm precision is most necessary.

FIRST METHOD.

Where milk, sour or sweet, is the chief or only wetting material.

Measure and sift the flour, and prepare it with salt and soda, or otherwise, as per special recipe. Add the milk gradually to it, pouring into the middle, and stirring round and round, from middle outward, till all is smoothly mixed. This is for a *batter.* Then beat well. Do all *quickly,* when soda is used.

For a dough, — gather and mix, as you pour the milk, with a chopping-knife, till it coheres evenly. Then it is done; except in yeast bread, which is still to be kneaded.

SECOND METHOD.

Where milk and eggs only are used with flour.

Make a smooth batter, with milk and flour as above.

Beat the yolks of eggs to thick foam.

Beat the whites, to stand alone.

Beat yolks and whites together. Then beat these

well into the batter. Or, add yolks first to batter, and whip in whites last of all.

THIRD METHOD.

Where milk, eggs, and a small quantity of butter are used; milk being still the principal wetting.

Cream the butter, as in Rule No. 6.

Beat the eggs, as in preceding method.

Drop the butter into the middle of the flour.

Pour the milk, and stir to batter.

Add the eggs to the batter, and beat well in.

Always work quickly, though carefully, when there is soda in the flour.

FOURTH METHOD.

Where eggs, butter, sugar, and a moderate quantity of milk are used.

Cream the butter.

Beat a part of the sugar with the butter.

Beat yolks and whites of eggs separately, — then together.

Beat the rest of the sugar with the eggs.

Drop the butter and sugar into the middle of the flour.

Turn the eggs and sugar upon this, and begin to mix in the middle. As you stir, add the milk, beating briskly, and keeping the ingredients well gathered together in the middle, until you gradually get all the flour in; then beat the whole quite even and light.

FIFTH METHOD.

Where sugar, butter, eggs, — in ordinary proportion, — and no milk are used.

Cream the butter.

Beat part of the sugar with it.

Beat yolks and whites of eggs, separately; then together.

Beat remainder of sugar with the eggs.

Drop sugar and butter to the flour.

Pour eggs and sugar to both, beating up as you do so.

SIXTH METHOD.

Where there are eggs, butter, and sugar, in large number and measure, as in pound-cake, its derivatives and varieties.

Beat butter to cream. Beat the flour, or as much of it as will not exceed a delicate batter, — with this, adding spice.

Beat yolks and whites of eggs separately, then together.

Spill sugar to eggs, and beat well.

Turn the two mixtures together, and beat thoroughly.

If there is a remainder of flour to be added, sprinkle it in lightly at the same time.

THICKENING.

To mix flour, or other material, for thickening milk, gravies, soups, etc.: Take the prescribed

quantity in a cup or bowl, and put the liquid to it a teaspoonful at a time, working it smooth in the middle, and moistening by degrees till you get all the flour in, in a thick batter, or soft paste; then liquefy as may be desired, making it usually of the consistence of smooth cream.

SECTION III.

RECIPES.

PART I. — YEAST, BREAD, AND CAKES.

YEAST.

Make ready your two stone jugs; thoroughly cleansed from the last using *as soon as empty*, with scalding soapsuds well shaken in them, then a fresh scalding with pure water and a teaspoonful of ammonia or of sal soda, for each; then rinsed with cold water, and set in the open air. — A teacupful of your last yeast, still sweet and lively. Failing this, a yeast-cake, such as you buy in packages of the grocer, soaked in warm water and stirred smooth. — A teakettle of boiling water on your stove. — A teacupful of lightly broken hops, *rounding* full, in a three or four-quart kettle. — A large pitcher, or lip-bowl, a tin strainer, a large silver, wooden, or *nice* tinned spoon. — A big mixing-bowl, with a pint of sifted flour and a tablespoonful of salt in it.

Pour two quarts of boiling water upon your hops, and set the kettle on to boil.

Boil fast, twenty minutes.

Strain into your large pitcher.

Begin at once to pour the hot tea, very slowly, into the middle of the flour. Stir, as you pour, round and round, neatly, in the middle, with the tip of your spoon at first; not tumbling the flour too fast into the liquid, to make a dough, nor letting the liquid swim the flour into lumps, but keeping a nice, smooth batter into which the whole is gradually worked.

Beat smartly, and return to your kettle, which has been rinsed.

Stir over the fire until it boils, or sensibly thickens like starch. If it grows too stiff, like hasty-pudding, thin to a beatable batter with boiling water. The quality of the flour, and the boiling away of the hop tea in the making, will vary the result somewhat in this respect.

Pour back into the bowl; let it cool; stir occasionally.

When blood-warm, put in your cup of yeast. *More* than a cup, if it is left from your last, will be all the better. I have often put in a pint. Yeast is much nicer for rising quickly.

Set in a warm place to rise; near the stove in cold weather.

It will be spongy-frothy in a few hours. Made in the morning, you can set bread with it at night.

DOUGHS.

Bread and cake stuffs are divided naturally, in the making, into three classes: doughs proper, soft or semi-doughs, and batters.

You have already the general rule of proportion for flour and wetting in dough-mixtures: *half measure scant, of liquid, to full of flour.* This is the especial thing to have by heart, and bear in mind.

A good dough should be pliable, — soft rather than hard. I am more afraid of toughness than of a slight over-wetting, and I always mix with a chopping-knife, which avoids the difficulty of stickiness, as experienced in hand-mixing, and facilitates the *gathering* of the dough, while preserving its lightness.

WHITE BREAD.

Have ready: One quart of sifted flour, with a teaspoonful of salt, in your mixing-bowl. — Half a cupful of yeast. — One scant pint of water, blood-warm. — Moulding-board. — Flour in a fine hand-sifter. — Chopping-knife.

Put the yeast into a hollow in the middle of the flour.

Pour the warm water gradually upon yeast and flour.

Mix, as you pour, with chopping-knife; turning, and cutting, and gathering, till it all comes clean into a tender dough.

Dredge your moulding-board evenly with flour.

Put the dough upon it; heap it compactly with the knife; dredge it with flour.

Keep some flour dredged upon the corner of your board, to lay your hands upon, so as just to dust the palms. Do this as often as you require, but never transfer any appreciable quantity of flour to your dough. Just keep your hands from sticking, and the dough from sticking to the board.

Play with the dough at first, coaxing it. Pat it, roll it, pressing but *very* lightly, — hardly at all. Bring it toward you with your finger-tips, and roll it backward with the ball of hand and wrist, which will press upon the middle of the mass, and cause the portion next you to curl after your motion upon the board.

Never break in, or get mired. Very frequent hand-dusting is better than getting sticky, and then flouring desperately. Be sure and *only* dust; shaking off all you can after you have touched your palms to the flour. Keep it in control in this respect, and work cautiously till the mass gathers coherence and elasticity; you will find you can press harder and roll more and more vigorously as you proceed. Take it easily.

About twenty minutes' working will bring it to the most even, springy consistency. When you can do what you please with it, — toss it, punch it, roll it, without any sticking; especially when you find you can drive your fore-finger down into it and bring it out clean, leaving a drill-hole, — your bread is made.

Put it in your bowl; cover with a clean bread towel, and put a wooden cover over the top of the bowl. In cold weather, wrap a thick, folded woolen cloth over and around it all.

Set near the stove in cold weather; in warm, away from the fire. In the heat of summer, seek a cool place for it, with a fresh air. Try your positions and distances, prove the best places, and establish them. Every house and kitchen have their own.

Mix bread at night for morning baking: in the forenoon, *not much* before, as it rises fast in day heat, to bake at evening.

An hour before you bake, turn the risen dough upon the moulding-board, and work over in the same manner that you did at first; kneading perhaps ten minutes, or until you find your dough in the lovely, docile state you brought it to before. Do it very lightly, however, and refrain from really *adding* any flour.

See that your fire and oven are right, according to Rule 2, Section II.

Cut a piece from the dough, and roll it out with your hands in a rope-like length upon the board. From this cut little bits for your biscuits; turn them into rounds with the edges of your palms; put side by side in well-buttered tins, cover with a towel, and set near the fire, or above it on your kettle-covers; turn the tins round, if need be, to get the heat equally, and raise the biscuit all alike.

When they look high, puffy, and tender, put them in the oven. Allow twenty minutes to bake, though they will probably be done in less.

Open the oven as little as possible, not before they have been in ten minutes. Turn tins if needed.

I have given you only a recipe sufficient in quantity for breakfast biscuit: you can double or treble the measures, and bake loaves also. Make them from the remainder of your dough after the biscuits are prepared. Put into buttered loaf-pans, and leave on the table till the biscuits go into the oven, then set the loaves near the fire. Turn the pans as you did the others, and judge of the lightness of the loaves as you did of the biscuits. They will probably be ready for baking shortly after the biscuits come out.

Leave an ordinary loaf in the oven fifteen minutes without opening.

Half an hour, or more, according to size, will bake.

Moderate-sized loaves are nicer than big ones. I like the "brick-loaf" pans.

SODA BISCUIT.

Make ready: One quart of sifted flour, in your bowl, with a teaspoonful of salt and one of soda, well mixed in. — A dessert-spoonful, rather heaped, of butter, beaten to a cream in a small bowl. Rule 6, Section II. — One scant pint, or a measured pint which you can refrain from wholly using, of nice

sour, or smoothly loppered milk. — Chopping-knife; flour-sifter, with a handful of flour in it, set in a dish or plate; moulding-board, rolling-pin. — Two biscuit-pans, ready buttered.

Put the creamed butter into the middle of the flour.

Pour the sour milk steadily upon it, gathering it into dough with the chopping-knife, as with yeast bread, and thoroughly turning, cutting, and mixing, so that the acid and alkali may work upon each other through the whole mass. It will look spongy in the cuts, and feel light, as the effervescence completes itself.

Do not persist in working it after it is light and even; in fact, it is not to be worked at all. It would make it tough. Manage to toss and chop it together completely, but quickly.

Turn out the dough upon the board, which should be well sprinkled with flour, as this is soft dough; pile it together, flour lightly, and just turn over once or twice with your hands to bring it into one body. Roll lightly, making it one inch thick.

Cut out in rounds, with a small tin biscuit-cutter · for delicate little tea-biscuit, with a wineglass, or a cutter of that size.

Bake in a "twelve" oven; Rule 2, Section II.

CREAM-TARTAR BISCUIT.

Make ready: One quart of sifted flour and one teaspoonful of salt, as before. — Two teaspoonfuls of

cream-tartar, and one of soda, well rounded, and carefully alike. Mix these well, then mix them thoroughly with the flour. — A round dessert-spoonful of butter, creamed. — Chopping-knife, moulding-board, pin, sifter, buttered pans.

Put creamed butter into the middle of the flour, wet with a scant[1] pint of milk or cold water, handling precisely as in soda biscuits.

BAKING-POWDER BISCUITS.

The same: Except that instead of the soda and cream-tartar you take three heaping teaspoonfuls of the baking-powder.

LIGHT SHORT-CAKE.

Make ready: One quart of sifted flour, in chopping-bowl. — One teaspoonful of salt, thrown into the flour. — One teaspoonful of soda, if you intend to mix it with sour milk; or two teaspoonfuls of cream-tartar and one of soda mixed together, if you are to wet it with sweet milk or cold water; either is good. — A pint of milk, or of very cold water. — A quarter of a pound, or half a solid cupful, of butter. — The usual utensils for biscuit-making. — Three buttered sheet pans.

Throw the soda, or soda and cream-tartar, into the flour with the salt, mix in nicely with a spoon. — Put in the butter, and chop it into the flour, so fine

[1] Whenever I say a "pint," — scant or full, — I mean an *old-fashioned* pint; not a modern milk and wine measure.

that the whole will become like yellow meal, dry, powdery, and crisp. — Mix as in preceding recipes.

Divide your dough into three parts : roll each part to an oblong shape, and three eighths to half an inch thick, fit into sheet pans, bake from fifteen to twenty minutes, in a " twelve " oven. If not then quite done and nicely browned, keep in longer, watching till done.

These sheets are intended to be cut into strips, with a thin, sharp knife, split, and buttered hot.

If you prefer round cakes, to place on the table whole, you can cut the dough, rolled to the thickness already directed, with a biscuit-cutter or a tumbler.

LIGHT PASTRY SHORT-CAKE.

Made like the preceding, except that you use a cupful of broken butter to a quart of flour.

Roll out as quickly as possible to the three eighths or one half inch thickness, cut in rounds, and bake immediately.

SPLIT-CAKE ; OR SPIDER-CAKE.

Made like pastry short-cake, rolled in thin sheets, not more than three eighths of an inch thick. Fitted to Washington pie-plates, and baked in oven : or, *in perfection*, made in rounds and baked in well-buttered spiders or on a well-buttered griddle, over the fire.

If baked over the fire, to be constantly watched and tended.

Keep a knife or griddle-spade in your hand, and raise the cake occasionally, to let the air in and keep from burning.

When browned on under side, toss over quickly with your spade, and brown on the other.

Split; butter the rounds hot; place them one upon another in a pile, like toast; cut the pile in quarters, pie-fashion, and send to table.

These are delicious.

"GAYWORTHY" STRAWBERRY SHORT-CAKE.

Make ready: One quart of flour. — One teaspoonful of salt. — One teaspoonful of soda, and two of cream-tartar, just rounded full, and mixed together. — One scant pint of pure cream. — One quart of strawberries. — Granulated sugar, to use in such proportion as may be found needful. — The usual biscuit utensils. — Three Washington pie-plates.

Mix the salt, and soda and cream-tartar, thoroughly into the dry flour.

Pour the cream into the middle of the flour, thus prepared, and turn to a delicate dough with your chopping-knife.

Mould gently, a turn or two, with one hand, tossing over with the other.

Divide the dough into three parts.

Roll each piece out quickly, three eighths to half an inch thick, and fit to Washington pie-plate. Put at once into the oven.

While the cake is baking, prepare your strawberries in either of the two following ways : —

1. Put them in a deep baking-dish : mash them with a wooden pestle : mix them with sugar to a pleasant sweetness : cover with an earthen plate, and set in the oven until the fruit is brought just to a scalding heat, — *no more, or longer.* Set by till the cake is ready.

2. Mash in a bowl, and mix with sugar, and leave cold till the cake is ready.

I think this last way is the best.

When the cakes are done turn out each one and lay upon its reversed baking-plate. Take a thin, sharp carving-knife, slip it between the cake and plate, to heat it to like temperature, split the cake evenly, slide it upon a china plate for serving, then turn back the upper crust upon the baking-plate.

Butter each half lightly.

Now lay one third of your jam evenly upon the under crust, dipping off with it the fair proportion of juice, and cover with the upper-crust.

Sift a little sugar delicately over it, and it is ready for the table.

Help in pie-pieces, with cream poured over.

STRAWBERRY SHORT-CAKE.

"Worthy," if not so "gay."

Make ready : One quart of flour. — One teaspoonful of salt. — One round teaspoonful of soda, and

two of cream-tartar, mixed together. — One solid cup of butter. — One scant pint of sweet, unskimmed milk. — One quart of strawberries. — Granulated sugar. — The same utensils as before.

Mix the salt, soda, and cream-tartar well into the flour.

Chop the butter into the prepared flour, until it is fine and yellow like meal. Keep it cool, light, and separate; if it grows warm and clings in lumps, it will be heavy. If necessary, set it away in a cold place a little while when partly chopped, or after you have finished doing it. Only be sure that it is meal-like and crisp when you begin to mix it to dough.

Pour the milk into the middle of it, and work to dough with the chopper, as usual.

Roll out, bake, and prepare with strawberries, as in previous recipe.

PLAIN RAISED DOUGHNUTS.

Make ready: Three pints of flour. — One heaping teaspoonful of salt. — Two cups of fine brown sugar. — One teaspoonful of cinnamon, half a teaspoonful of powdered mace, or grated nutmeg, a small pinch of ground allspice, these all well mixed together. — Two cups and a half of sweet milk, a little warm. — Half a cup of yeast.

Mix salt dry, into the sifted flour.

Mix spices with the sugar.

Mix the spiced sugar with the flour.

Put the yeast into the middle of the flour.

Turn the warm milk upon it and mix to a dough, as with bread, using the chopping-knife.

N. B. Sugar helps to liquefy, therefore be cautious of spilling *all* your measure of milk into the dough. Perhaps the two cups will do. Bring it to a soft, tender, but true dough consistency, capable of being handled and moulded gently.

Give it a few turns upon the board, like bread, but simply *mould*, do not work it hard.

Let it rise over night, or five or six hours in the daytime.

Mould it over, a few turns gently as before, and set it for a second raising, like a biscuit dough.

To fry, make ready: Two rolling-boards, a middle-sized iron kettle, or large, deep frying-pan, a large sieve set over a pan as large, enough lard in the frying utensil to be three inches deep when melted.

Heat the lard till it hisses when you drop a bit of dough in, and instantly boils around it.

Keep it at this point, not allowing it to scorch. You must do this by keeping your fire steady and quiet, not on the increase; it should be sufficient and well settled before you begin; also by slight shifting of the kettle if necessary. But do not let the fat get first furious and then cool.

Roll out and prepare your doughnuts, if possible, before beginning to fry.

Roll the dough very lightly to a thickness of about half an inch. Cut strips of a like width, and divide in lengths of about six inches. Roll each one slightly with your fingers on the board, to round it; then take it by the ends, allowing the middle still to touch the board; twist it, put the ends together in your right thumb and finger, and with the left give the doubled middle a contrary twist, as in making a cord; lay it off upon the large extra board sprinkled with flour.

Continue until your board is full, or the dough all used.

You may, of course, cut your cakes in rounds, or in any shape you like instead of this; but nothing is so nice as the old-fashioned grandmother "twists."

Drop a comfortable few at a time in the hot lard, standing by with a fork. Keep them turning, to cook evenly; as they come to a golden brown spear them gently with the fork, and drop them into the sieve set over the pan close by.

RAISED DOUGHNUTS, WITH BUTTER AND EGGS.

Make ready: One quart of flour. — One teaspoonful of salt. — Two cups of fine brown sugar. — One teaspoonful of cinnamon, half a teaspoonful of powdered mace, or grated nutmeg, a small pinch of ground allspice, all mixed together. — A piece of butter the full size of an egg, beaten to a cream.

— One large pint of sweet milk, slightly warm. — Half a cup of yeast, good measure, and strong.

Mix flour, sugar, salt, spices, thoroughly together, as in preceding recipe.

Drop the creamed butter into the middle of all.

Pour the yeast upon it, and then the warm milk, stirring gradually as you do so to a *soft dough*, but not to a *batter*. That is, to a consistency which you can still stir, but not pour. If this does not take all your measure of milk, do not use it. Set to rise over night.

The next day make ready: One pint of flour, with one even teaspoonful of soda mixed in. — Three eggs, the yolks beaten first to a thick froth, then the whites till they will stand alone, then both together.

Stir up your soft, risen dough.

Beat the eggs into it.

Add lightly the flour and soda, and work quickly to a true dough with the chopping-knife. Use more flour or less, as it may work. The pint is safe to prepare.

Let this dough rise until it is spongy-light, in a warm place, two hours or less.

Fry, as in last recipe.

SODA DOUGHNUTS.

Make ready: Hot lard, in frying-kettle, as before directed; let it be heating gradually on the back of the stove, while you make your dough. — One quart of flour, one teaspoonful of salt, and one of soda mixed in. — One large cup of fine brown sugar. — One teaspoonful of cinnamon, one half teaspoonful of ground mace or grated nutmeg, one *tiny* pinch of allspice, all mixed together, and then mixed with the flour. — One pint of sour milk, *partly cream.* If not, a round teaspoonful of butter, creamed, and dropped first into the middle of the prepared flour.

Rolling-boards, frying-kettle, sieve, etc.

Pour the milk — cautiously, it may not take all — into the middle of the prepared flour, and mix briskly with a chopping-knife to a dough.

Roll out at once, and fry.

SODA DOUGHNUTS, WITH BUTTER AND EGGS.

Make ready: Three cups flour. — One *small* teaspoonful soda, and one of salt, mixed in. — One cup sugar. — One half teaspoonful cinnamon, same of ground mace, mixed together. — One round tablespoonful butter. — Three eggs, whites and yolks separate. — One cup and a half sour milk.

Have the lard in your kettle heating, while you mix, but do not let it get too hot.

Cream the butter, mix the spice into it.
Beat yolks of eggs.
Beat whites of eggs.
Beat yolks and whites together.
Sift sugar into the eggs, beating well.
Put creamed butter into middle of flour.
Turn eggs and sugar upon this, and begin to beat.
Add sour milk, and work to dough, as in other doughnuts, using the milk with the like judgment.
Roll out and fry.

PASTRY, FOR PIES.

Before I give directions for the traditional "flaky pastry" which every housekeeper thinks it her duty to know how to make, let me tell you of a better way than to make any at all.

In the second recipe for strawberry short-cake, "*worthy*, if not *gay*," the ingredients and process for the short-cake are precisely right for as nice a pie-crust as any one need wish to taste.

Bake it in rounds, in the same manner; split, and spread with any fruit or other filling that you have, and that *can* be spread, fit the top-crust on again nicely, sift sugar thinly over it, and set by to cool.

You will have a delicate, elegant-looking pie, with light, tender crust that melts in the mouth; and it is far less trouble to make than the stereotype rolled-out, rolled-in paste; there is no soggy under-crust, to be left on plates and wasted; all is delicious and wholesome.

With a little jelly or sauce, such as may be at hand, you can have, at very short notice, a couple of these pies ready for your table, dainty to look at and dainty to eat.

A pie-crust made in the same way, omitting the soda and cream-tartar, allowing a rather heaping measure of butter, being careful to chop it very finely in and keep it very cool and light, and mixing with ice-water, — is rich and delicate, and if well baked, comes very near to the regular "flaky" crust in flakiness and is much more melting and crisp.

This is a fine crust for apple-dumpling; but even better is the "cream-crust" prescribed for the real "Gayworthy short-cake."

PIE-CRUST, CRISP AND FLAKY.

Make ready: One light quart of sifted flour. — One teaspoonful of salt mixed in. — One cupful *solid* butter, half as much more reserved in a flat dish. — Chopping-bowl; knife; fine flour-sifter with flour for sprinkling; rolling-board and pin. — One pint ice-water, or water ice-cold from the well, pumped when you are just ready for it, as will follow. — Whites of two eggs, in a small bowl; with broad fork.

Put your cupful of butter into the flour, chop it in with the knife until it is fine, yellow, and crisp, like meal.

Be sure of the dryness and crispness; if in hot weather it begins to cling, set it away on ice until dry and hard again.

After it is well chopped, put by in the cold, or on ice, while you cut your half cupful of butter in little bits with a small knife, in your flat dish; keeping the large pieces as you cut them well sprinkled and rolled in flour, and tossing the small bits aside to the other end of the dish as you reduce them to the size of white beans, each one so floured as to keep separate from the rest. Do not think this too "fussy;" it is ever so much easier and simpler than the "rolling-in" process advised in all the regular pastry recipes, and it makes a surer and better crust. I claim this as quite one of my "own ways."

When all is done, set this dish also in the cold.

Beat the two whites of eggs to an upside-down froth.

Bring your dishes of flour and butter from the ice, and have your pint of ice-cold water ready.

Mix your floured bits of butter lightly into the bowl with your chopped butter and flour, toss the fine portion up from the bottom with the blade of a knife, and let the bits roll and mix evenly among it. Then drop in the beaten white of egg.

Pour your ice-water gradually, yet quickly into the middle of it all, turning the dry part over to the wet with the chopper, and bringing it to the dough consistence. If it seems unnecessary, quite the whole of the pint of water may not be put in, but a soft

dough is much better than a dry one. Brisk and even mixing is the secret of getting it just right, without *wet streaks*. If you accidentally get the dough too soft, gather it into a light mass, sprinkle it with flour, and set it in the air in a cool place awhile, it will swell somewhat, and absorb the moisture.

Now sprinkle your board, finely, with flour; take out upon it a careful guess at the quantity of dough for covering a plate or pie; gather it to as round a pile as you can without any *working*, and sprinkle it finely with flour.

Roll from you, forward, until you have it as long, or nearly so, as the diameter of the pie to be made; then turn it at right angles, and roll from you again till you round it. You may run your strokes a little to right and left, fan-fashion, to keep, or form, the circle; but never roll out and back again, over the same track.

Manage with as few and effective strokes as may be to get your paste ready for covering. To this end is the importance of a soft, pliable dough, and a clever guess as to quantity. Have enough, so as not to be obliged to stretch it out, but leave as little for scraps as you can help; too large is better than too small, however. The dough made from a quart of flour will cut into *covers* for six pies of medium size, or upper and under-crusts each, for three.

I prefer putting no edging of crust under my covers, but making little finger-strips instead, of the

extra bits, to offer in addition, with the pie, at table. To have a handsome dish of these, make only two pies with your quart of flour; or, perhaps, two pies and a "turn-over."

To insure well baked, palatable under-crusts, fit two rounds of paste to a Washington pie-plate, and put one over the other, without filling; bake, and then separate, and put your fruit between, as in strawberry short-cake.

After the day of baking pastry needs reheating to make it nice. Set the pies in the oven long enough to melt the butter in the crust, and restore the first crispness and flakiness, then take out and allow to stand till cool, but not cold. A short time in the oven is sufficient. You do not wish, if the first baking has been successful, to *brown* them any more.

Sift sugar delicately over the tops of your pies before sending to table.

SEMI-DOUGHS.

Of this class are all breads which are spoon-mixed; sponges, muffins, etc. The distinctive quality of a half-dough is that while it will *break* from the spoon or *spread*, it will not *pour or run*.

To accomplish this condition, mix with a proportion of wetting *between* that for a firm dough and for a batter; which will be, as a general rule, *a scant pint and a half of liquid to a quart of flour.*

Where Indian meal, scalded, is used, it can be

scalded first to the desired consistency ; then the above rule of proportion can be applied to the remainder of the ingredients.

Always remember that you must moisten your mixtures gradually, holding back your measure of liquid until you are sure that it will all be required. A perfectly fixed rule cannot be given for varying materials and qualities.

BROWN BREAD.

Make ready: One *even* cup of Indian meal. — Two *heaping* cups of rye meal. — One teaspoonful of salt, and one of soda, mixed together with the sifted meal in a large bowl. — One cupful of molasses, in a quart measure, or small bowl, with spoon. — A large beating spoon. — Palette-knife, to scrape your mixture from the bowl. — A tin bread, or pudding-boiler, well buttered.

Stir the meal, salt, and soda, dry, until thoroughly mingled.

Pour one pint of hot water to the molasses and stir it up.

Pour the molasses and water into the middle of your meal, stirring to a smooth batter as in previous directions ; beat all quickly and well for several minutes ; it should be of a consistence to stir easily, and break in pouring, but not to run. With some qualities of molasses, you may need to add from a spoonful or two to half a cup more of warm water, to make it right.

Put into your tin boiler, cover tight, and put this into an iron kettle with boiling water in it. Cover the kettle also.

Boil steadily three hours, looking from time to time to see if the water in the kettle is boiling away. Keep it replenished, always from boiling water.

Take the bread-boiler out at the end of the three hours, and set it into the oven for about ten minutes; longer, if the oven is not quick. This is to dry the outside steam off, and form a tender crust.

Put hot upon the table; cut and help hot.

GRAHAM BREAD.

Make ready: Two heaping cups of "Arlington meal," or graham flour, unsifted, in bread-bowl. — One teaspoonful of salt. — One cup, round, but not heaped, of flour, sifted upon it. — Half a cup of yeast. — One scant cup of molasses, in a measure, with hot water to make a pint, stirred together as for brown bread.

Mix the flour and meal together, thoroughly.

Pour the yeast into the middle of the flour.

Then pour the molasses and water upon it, beating, as you pour, to a batter in the middle, and gradually taking all in to your batter-dough.

If necessary, add a few spoonfuls, or half a cup of hot water. Bring it to a very soft spoon-dough.

When all is mixed, give a few minutes' vigorous stirring.

Set to rise in a warm place, over night, or from forenoon to evening.

Beat up when risen, and let rise again a little while, as other yeast dough.

When about to bake, dissolve a scant teaspoonful of soda in a very little boiling water, and beat thoroughly in.

Bake in small round cake-tins, or muffin-rings, well buttered. A portion may be reserved, and baked as a loaf, in a small bread-pan.

GRAHAM BREAD, OR BISCUITS, WITHOUT YEAST.

Measured as the previous, with the addition of a round teaspoonful of soda, at once, instead of yeast.

Put together like brown bread.

Baked in round tins, or small loaf-pans

GRAHAM MUFFINS.

The preceding biscuit-recipe is almost a muffin-mixture. The cakes are very tender and delicate. But you may make the dough either stiffer, — for bread, — if you prefer, by scanting your measure of molasses and water in the mixing; or you may increase this measure of wetting, slightly, and beat the dough to a thick batter, and bake in rings, as true muffins.

YEAST MUFFINS.

Prepare as mixing bread; except that you use the half-dough proportion of wetting; a scant pint and

a half of warm water and yeast altogether, to a quart of flour.

Beat with a spoon, smartly.

Let the sponge rise very light, then beat up thoroughly again, and let rise a little while, as you do biscuits after the moulding.

Stir well before putting into rings or pans.

Bake about twenty minutes.

CRUMPETS.

The same, only mixed a little softer still, by adding warm water till the dough becomes a stiff batter.

Baked in large, thin cakes, dropped from the spoon upon a hot griddle or into a spider, like spider-cake.

Turned, while baking, like the last, or like griddle-cakes.

SODA MUFFINS.

Prepare as for "soda biscuit," except that you use a scant pint and a half of sour milk, instead of the pint. — Also, heap your teaspoon of soda, or measure an even teaspoonful and a half.

Beat two eggs, — or three, if you have plenty, — yolks and whites separately, then together. Do this when you have creamed the butter ready for mixing.

Drop the butter into the flour; begin to stir in the milk; as the butter forms in the middle, turn in the eggs; go on pouring and stirring the milk quickly, and beat all into a thick, light batter.

You may refrain from using quite all the measure of milk if your batter becomes soft enough to spread well. It should not be of a pouring thinness.

See introductory paragraph to "Griddle-cakes, Egg-batter," and compare recipes.

All muffins are but thinner semi-doughs, or thicker batters. Recipes under either head may be modified accordingly, and the mixtures used as "muffins." As, for instance, "Rice Griddle-cakes," and "Bread-crumb Griddle-cakes."

RYE-CAKES.

Make ready: Two cups sifted rye meal. — Half a teaspoonful of salt, and the same of soda, good measure, well mixed in. — One cup of sour milk. — Three eggs, broken into bowls, whites and yolks separately. — One dozen small cake-tins, buttered.

Beat yolks of eggs to a pale, creamy froth.

Beat whites of eggs to tip upside down.

Beat yolks and whites together, and turn into a hollow in the middle of the meal.

Add the sour milk, beating vigorously, till all is mixed, and its lightness shows that effervescence has taken place.

Bake in the buttered tins, two thirds filled. Quick oven; do not open for twenty minutes; then watch cautiously till done.

They may take three quarters of an hour. Rye needs thorough baking.

In stone cups the rule is an hour.

The same may be made with sweet milk, using cream-tartar, one round teaspoonful, with the soda, in preparing the flour. Always mix soda and cream-tartar together, before mixing both into dry flour. Also, slightly warm the milk.

RYE DROP-CAKES, OR MUFFINS.

Make ready: Two heaping cups sifted rye meal. — An even teaspoonful of salt. — Two even teaspoonfuls of cream-tartar, and one of soda, mixed together. — Two cups warm milk. — Three eggs, whites and yolks separate. — A piece of butter half as large as a large egg. — Three tablespoonfuls of sugar.

Mix the salt and the soda and cream-tartar, into the meal.

Beat the butter to a cream with a teaspoon.

Beat yolks of eggs to thick froth.

Beat whites to turn upside down.

Beat yolks and whites together.

Add the sugar to the eggs, and beat up.

Drop the creamed butter into the middle of the meal.

Turn the eggs and sugar upon it, and begin to stir

Add the milk as you stir, and bring to a thick batter quickly and evenly. Leave out some of the milk if you find you may.

Beat till effervescence is evident. This is shown

by the thickening sound of the batter in beating, and by the foaming and breaking of bubbles in it It ought to appear as soon as the materials are thor oughly incorporated.

Bake in the small cake-tins, filling from half to two thirds full.

Three quarters of an hour, or more.

You may vary the two last recipes by substituting flour in each for *one third* of the measure of meal. The baking is perhaps a little surer when this is done.

SPONGE CORN-CAKE.

Make ready: One cup corn meal, and two of flour, sifted together. — One teaspoonful soda, and one of salt, mixed in. — Half a teacupful of broken butter, in small bowl. — One teacup sugar. — Three eggs, whites and yolks separate. — Two cups rich sour milk. The more creamy the better. — Three Washington pie-plates, buttered.

Cream the butter, very light.

Beat yolks of eggs to a thick froth.

Beat whites to a stand-alone.

Beat yolks and whites together.

Scatter sugar slowly into the eggs, beating all the while.

Drop creamed butter into the middle of the flour and meal.

Turn in eggs and sugar, and beat to batter in the middle.

As this mixes, add the sour milk, rapidly, keeping the batter soft and light.

Gather all in quickly and beat hard, but not too long, till smooth and light.

Fill the pie-plates nearly full. Bake fifteen minutes without looking; then watch, and turn plates if needed. Will bake in half an hour or less.

Slip out upon hot china plates. Draw a sharp knife through the delicate upper-crust only, and *break* into halves, quarters, eighths. Send hot to table.

The same mixture may be baked as "corn muffins," in cake-tins, or rings; or in hot gem-pans.

HUCKLEBERRY-CAKE.

Make ready: One quart sifted flour. — One teaspoonful of salt, and one of soda, mixed in. — One pint and a half of berries, well picked over, washed, and dried again. — Two cups sour milk, in bowl or measure. — Two cups sugar, in bowl or measure. — Two eggs, whites and yolks separate. — Half a teacup broken butter. — Two sheet pans, buttered.

Cream the butter light.

Mix berries in the flour, seeing that every berry is rolled and coated with it, so as to be separate.

Beat one cup of sugar into the butter, light.

Beat yolks of eggs as usual.

Beat whites of eggs, as usual.

Beat yolks and whites together.

Spill the second cup of sugar very lightly and gradually into the eggs, beating all the while.

Put butter and sugar into the middle of flour and berries.

Turn the eggs and sugar upon this, stirring in usual manner.

Add the sour milk as the batter thickens, beating fast, but with care not to mash the berries. Pass your spoon well *under* the whole mass, around the bowl, then break up through the centre.

Fill pans three fourths full; bake in a "twelve" oven. Tend as other cakes, not opening oven for at least ten minutes.

BATTERS.

A true batter is of as thick a consistence as will allow of pouring. It must not *break* from the spoon, neither must it run like a mere liquid.

A cream batter is of the consistence of rich, smooth cream.

The proportion of liquid mixing is as before given in rule towards the close of section II.; measure for measure with the flour, scant for the liquid, full for the flour.

For cream batter, full measure of liquid to measure of flour.

Keep back some of the liquid, if you can bring your batter to the right consistency without using quite all. Always mix with caution in this respect, as flour, etc., will vary in quality, and at different times.

The simplest batter, which I will give, therefore, as an elementary recipe, is that of the common, excellent,

COUNTRY GRIDDLE-CAKE.

Make ready: One quart sifted flour. — One teaspoonful of salt, mixed in. — One scant quart sour milk, smooth and fresh. If in large part cream, so much the better. — Two teaspoonfuls of soda.

A clean griddle, gradually heated while you prepare your batter. A bit of salt pork on a fork, in a saucer. Or, if you prefer, a little lard or butter in a saucer, with a small knife and a bit of clean rag.

The griddle should be hot enough when you begin to fry, for the fat to *sizzle* when you put it on, and the batter to do the same.

Pour your sour milk gradually into the middle of the flour with your left hand, stirring all the while with a spoon in your right.

Keep the batter smooth, taking in the flour round and round, as you go on, until all is mixed.

When smooth, still beat over and over with the spoon for some minutes until a lightness is perceptible in the slow forming and breaking of large bubbles. Of course, it will not be the lightness of beaten egg-batter, or of effervescence; but there is a lightness which comes of mere thorough beating, which avails in all spoon-mixtures, even before, or without, the addition of the especial lightening ingredients.

Country housewives "toss up," or "whew up" a

batter; and they do the tossing, I have noticed, *before* they put in eggs or soda.

When this lightness appears, which will be in a few minutes, — say five, if you wish to be quite nice and precise, — dissolve your soda with a very little hot water and toss that in, "whewing" the whole vigorously.

Now grease your griddle, by rubbing it all over lightly with the salt pork; or, if you use lard or butter, by taking a wee bit on the tip of your small knife and dropping it on the middle, — then quickly spreading it about with the knife, and then passing the clean rag with a very light wipe over the surface.

Beat the batter with a stroke or two: drop three or four separate spoonfuls, well apart, on the griddle. "Stand by," as Captain Cuttle says, and turn your griddle to or from the heat as the baking indicates, giving the best of the fire to the cakes that begin slowest, and withdrawing the whole a little, or setting it farther on, as may be needed.

The cakes will set, and bubbles will rise through them and make a kind of honeycomb as the under sides bake. When this appears, and before any dryness shows on the upper surface, slip your griddle-spade well under each cake as it is ready, and turn it quickly and neatly.

Now you will see the whole middle of each one begin to swell up and round beautifully with the lightness of your batter. Let them remain about as

long as in baking the first side, or until a certain unmistakable *doneness* shows itself, and then slip off on a hot plate. Send only a few to table at a time. They should be eaten as nearly as possible "off the griddle."

Never turn a griddle-cake twice.

GRAHAM GRIDDLE-CAKES

Made with two thirds Graham flour and one third wheat flour, and the addition to the batter of a large spoonful of molasses to make them brown well, are exceedingly nice. Mixed precisely in the same way as the last.

CREAM-TARTAR GRIDDLE-CAKES.

The same, except that instead of sour milk, you use sweet milk, slightly warmed, and prepare your flour with two teaspoonfuls of cream-tartar and one of soda, mixed in dry with the salt.

You may also vary by creaming a tablespoonful of butter, very light, and putting it into the middle of the flour before you add the milk and beat up.

Sour milk is the *best* for griddle-cakes, as the batter must necessarily stand some time before the last is cooked; and sour milk batter keeps its lightness longest.

BUCKWHEAT CAKES.

Make ready: Two cups of flour, and two of buckwheat meal, sifted together in a large bowl. — Half a cup of Indian meal, sifted, in smaller bowl. — Half

a cup of yeast. — Four cups, or one milk-quart, of warm water. — Some boiling water, in small pitcher.

Pour boiling water, cautiously, upon the Indian meal, stirring smoothly, until it is scalded and "swelled" to a batter.

Put this into the middle of your mixed flour and buckwheat, and with your measure of warm water, mix and beat in the usual manner from centre to circumference, till all is in, and all well mingled.

Remember the definition and rule for *batter*, — page 48, and use your judgment in the wetting, which cannot be precisely prescribed on account of the scalding of the Indian meal.

Now put in the half teacup of yeast, and beat all together for at least ten minutes.

Set to rise in a warm place, covered over.

A pitcher is a good thing for buckwheat batter to rise in, and to fry from. Cover with a thick cloth.

If in a bowl, put over it a wooden lid, and a cloth, as in bread-making.

Mix over night.

In the morning beat your batter well and set near the fire for a second rising, as you do biscuit-dough.

Prepare your griddle as before directed; dissolve a teaspoonful of soda in a little hot water, beat well into the batter, and bake as directed for "country griddle-cakes."

Do not begin to bake, or put in the soda, until

everything else is ready for breakfast, or indeed, until breakfast is on the table.

GRIDDLE-CAKES, EGG-BATTER.

This is the first simple combination in cake cookery.

I have given you already, "doughnuts," "sponge corn-cake," and "huckleberry-cake," because they come properly under the earlier divisions of doughs and semi-doughs. But a simple griddle-cake mixture, where eggs are used, is the first step from the basis of a plain batter, in the whole order of waffles, muffins, etc., etc., which, in their turn, lead up to all the compiications and varieties of cakes, fancy breads, puddings, and the like.

Make ready: One full quart sifted flour. — One teaspoonful salt mixed in. — One scant quart of sour milk. — Three eggs, yolks and whites separate. — One heaping teaspoonful of soda.

Or: Flour and salt as above. — Two full teaspoons of cream-tartar, mixed in. — One round tablespoonful of creamed butter, dropped into the middle. — One scant quart sweet milk. — Three eggs, yolks and whites separate. — One full teaspoon soda.

Set the griddle on to heat.

Beat the prepared flour to a batter with the milk, as in plain griddle-cakes.

Beat yolks of eggs, then whites, then both together. Beat all into the batter.

Dissolve the soda in a very little hot water, and beat in quickly.

Bake as other griddle-cakes.

A nice variation is to use half a cup of sifted Indian meal, making up with flour to the quart.

In either mixture, use milk with discretion; less or more than measure, as the dry material proves to require.

WAFFLES.

By the same recipe, — capable of the same variations, — as the last; only, that in any case, you put in a round tablespoonful of creamed butter.

Have a good, clear, steady fire; heat the waffle irons, butter them well, and fill them three quarters full.

Try to finish baking on the first side before turning, as with griddle-cakes. They will take only a little longer. After watching one or two fillings, you can guess very nearly how to time them. They should be evenly browned, and not scorched.

If for any of these griddle-cakes, you have *cream* — sour or sweet — which you can appropriate to the mixing, use it by all means, instead of the milk; and omit any addition of butter.

POPOVERS.

Make ready: Three *light* cups sifted flour. — Three cups sweet milk. — Three eggs, yolks and

whites separate. — One teaspoonful of salt. — Eighteen small stone cups, well buttered.

Mix salt with flour, and beat up a simple batter, with flour and milk.

Beat the yolks of eggs to thick froth.

Beat whites, till they stand alone.

Beat yolks into the batter.

Beat the whites in, last.

Put into the stone cups, half filling them, or a little more.

Arrange them in your oven according to your knowledge of its way of baking, so that there will be little danger of any of them baking very much faster than the rest; then do not open the oven for half an hour.

At the end of that time, *peep* in through the smallest possible crack; if nothing is scorching, or threatening to, close again, leaving them as they are. It will be better to remove those that may be done first, when all are nearly so, than to run the risk of causing those partially baked to fall, by keeping the door open to shift.

When finished, they will be high and firm, well popped over, and with a glossy even-brown crust. If there is a soft, pale *break* between the cup and the top of the crust, it will yield, and the cake settle, when removed.

The person who taught me, told me to bake popovers *one hour;* but I do not find it needful, or

often practicable, to keep them in so long. After half an hour, you must use your judgment. They may often take three quarters. *But keep the oven as tightly closed as possible.*

RICE CAKES.

Make ready: One cup of rice, fresh boiled — or cold boiled, heated over in a steamer and separated lightly into grains with a fork, — in small bowl. — One cup of sifted flour, with *small* teaspoonful of salt, in a mixing-bowl. — One cup of lukewarm milk, just set by the fire, to make as warm as new milk, will be about right. — A second cup of the same, in reserve. — Three eggs, yolks and whites separate.

A hot griddle.

Beat a simple batter with the cup of flour and the cup of milk.

Stir the rice to this, thinning as you do so with the second cup of milk, using only enough to keep the batter of the original flour-and-milk consistency.

Beat the yolks of eggs as usual.

Beat whites, as usual.

Beat yolks to the batter.

Beat whites to the batter, beating the whole well.

Bake as other griddle-cakes.

RAISED GRIDDLE-CAKES.

To be mixed over night for breakfast, or early in in the forenoon for tea.

Make ready: One quart flour, one teaspoonful salt. — One quart, less one gill, of warm milk. — Half a cup of yeast. — One tablespoonful creamed butter.

Mix your simple batter, putting the creamed butter first into the middle of the flour.

Add the yeast and beat well.

Set to rise like buckwheat cakes.

When ready to bake, beat the yolks of three eggs, then the whites; beat first the yolks, then the whites to the batter.

Dissolve a small teaspoonful of soda in a little hot water, and beat in at the last moment.

Have your griddle hot, and bake as usual.

RAISED WAFFLES.

In like manner, baked in waffle-irons.

BREAD-CRUMB GRIDDLE-CAKES.

Make ready: Bread-pieces, broken up fine and light, in enough milk to make a batter when soft and stirred. — Four eggs to a quart of the mixture, yolks and whites separate. — One teacupful of sugar. — One teaspoonful of salt. — A saltspoonful of nutmeg, if you like.

Rub the soaked bread through a vegetable-sifter.

Stir in the sugar and salt, and beat well.

Beat the yolks of eggs, then the whites, then both together.

Put the eggs into the mixture, and beat light. Bake on a hot griddle.

GRUELS, ETC.

After "batters," comes naturally that class of mixtures which may be characterized as batters in a still more attenuated form: gruels, porridges; milk, cream, and water thickenings of various kinds.

An approximate rule is needed for the proportions of flour, meal, etc., to liquids, in the mixing; also a knowledge of the handling, — essentially the same, — in making an exact and delicate preparation of either kind.

This elementary rule and knowledge come in requisition constantly, in the various compound processes of cookery. Soups, fricassees, meat gravies, sauces, puddings, include, quite generally, something of this sort in their initial combinations; to say nothing of the especial and most important department of invalid food.

An invariable rule, to apply to all these different things, is, of course, impossible; but a familiarity with the simple forms first mentioned will give the experience and judgment which come in play in using the same as parts of more complex operations.

The following measures are exact enough for all practical purposes.

For gruel thickness: Use *two even tablespoonfuls*, or *two heaping teaspoonfuls*, of flour or meal to a

pint of water. — Use one even tablespoonful, or one heaping teaspoonful, to a pint of milk.

For porridge thickness: use one heaping tablespoonful of flour or meal to a pint of milk. — Of arrowroot, one round teaspoonful to a half pint. — Of cornstarch, *scant* the prescribed measure for flour, or *heap* that for arrowroot.

You perceive that I give the same measures for flour and for meal. It might appear that it would require less of the latter. But the difference is, that meal, although it *swells* at first, and absorbs more water or other liquid, does not properly *thicken*, not having the starchy quality of flour. It must cook a long time; whereas flour acts as a thickening immediately, without any reducing. Meal must boil *down*. Flour only just needs to boil *up*.

INDIAN MEAL GRUEL.

Boil a pint of water in a saucepan. Put half a teaspoonful of salt into it.

Mix two even tablespoonfuls of finely sifted meal with enough cold water to smooth and thin it. Stir this nicely to the boiling water.

Boil it gently, stirring carefully, half an hour.

Add a tablespoonful, — or two if liked, — of cream, boil up, and pour into a bowl.

THICKENED MILK.

Boil a pint of milk in an inner boiler. Put in half a teaspoonful of salt.

Mix a heaping tablespoonful of finely sifted Indian meal with cold milk enough to wet it thoroughly and smoothly. Stir this into the boiling milk. Boil and stir fifteen minutes.

MILK PORRIDGE.

Made with flour, instead of meal, in the same way and proportion as the last, except that it only requires a few minutes boiling ; perhaps five.

ARROWROOT.

Wet one round teaspoonful of arrowroot with a little cold water to a thin smoothness. Turn a cupful of boiling water upon it, stirring it as you do so. It will thicken, and turn blue, like starch. Then set it on the fire, add a tablespoonful or two of cream, and boil three or four minutes.

You may make it richer by mixing a larger proportion of cream with water, boiling it together beforehand, and pouring it to the wet arrowroot, then boiling again for three or four minutes, as before.

Or, you may boil your measure of pure milk, wet the arrowroot, pour the milk to it, and boil up.

Always pour the hot liquid to the arrowroot *off the fire* in this way ; as arrowroot thickens so rapidly that it is apt to gather into lumps which are difficult to smooth again, if stirred into boiling liquid over the fire.

Thickenings, for preparations of milk, for sauces, soups, etc., are given under those respective heads.

WAYS TO USE BREAD. — TOASTS, BREWIS, ETC.

BUTTERED TOAST.

Make ready: A hot, clear, even fire. — A clean wire toaster. — Bread cut in smooth, even slices, quarter of an inch thick.

It is *better* to toast only one slice at a time. If your fire is good you can toast quickly, and that is what you should do.

Hold at just such distance above the fire as you find will brown it readily, without scorching. Turn often. At the first toasting smoke, or steam from the bread, which is not a burning smoke at all, raise and see where the browning begins; the *next* thing, if not raised, will be a burn. Hold each part of the slice, in turn, to the central heat, and watch the browning. Tint it all over with these skillful touches, lifting and turning neatly and rapidly. It takes longer to tell than to do. The whole surface of each side should be just golden brown.

Butter each slice as you take from the fire; or if you have a second person to help you, which is the perfect way, let her do it. Butter as evenly as you have toasted, spreading quite to the edges of the crust, but leaving no smudges and lumps to melt in the middle.

Send to table a few slices at a time, freshly done, or if this is not convenient, pile the toast as finished

on a hot plate with a deep cover over it, and keep in the open mouth of the oven till all is ready.

WATER TOAST.

Make ready: Fire and bread as before. — A clean spider half full of boiling water. — Put in a couple of tablespoonfuls of butter, and a teaspoonful of salt.

Toast your bread. Dip each slice, as toasted, turn it, let the water just strike through, and take it out upon the hot toast dish.

Keep the dish on the stove hearth, or over a drum or hot-water kettle at the back.

Skim a little of the butter from the top of the water upon each slice as you lay it in the dish, spreading it evenly.

As the water uses and boils away, put in more. Keep it salted accordingly, and add butter if you find you are skimming off all the first supply.

Allow the water to use away toward the end of your work, so that what is left will be a little thickened by the dipping of the bread, and will hold the butter mixed. This remainder is just right to pour over the pile of toast before serving. You will not need much, but it must be good, not washy.

CREAM TOAST.

Make ready: A pan on the fire, with boiling water and salt, as for water toast, but without the butter. — Half a dozen slices of bread, as before. —

Two teaspoonfuls of butter, well creamed. — Two cups of cream, scalded in a little saucepan or inner boiler. — A saltspoonful of salt in this.

Dip scalded cream, by teaspoonfuls, to the beaten butter, till smoothly mixed, then add the whole to cream in saucepan, stirring carefully. Cover, and keep hot, but not where it can boil. Stir occasionally, to prevent skim from forming, or butter rising oily to the top.

Toast your bread, as before.

As each slice is taken from the toaster, drop it into the hot salted water, as for water toast, but take it immediately out again, as soon as simply softened, not soaked.

Lay it into the hot toast dish, and pour two or three spoonfuls of the cream and butter evenly over it. Keep a surplus to pour over all, when finished.

MILK DIPPED TOAST.

Make ready: Fire, and sliced bread, say a dozen slices, as before. — One quart of milk, scalded in an inner boiler. — Three round teaspoonfuls of flour, or two, very heaping, of corn-starch, mixed with cold milk put to it by the teaspoonful, till smooth and thin. — One teacupful of broken butter. — One round teaspoonful of salt. — A clean spider.

Set the spider on the fire. Pour the scalded milk into it as it, the spider, becomes hot. Let it come to a boil.

Stir in the flour-thickening. Pour it into the middle, stirring it round steadily and smoothly, till all is thickened. Be sure the milk is boiling when you add the thickening, and that it boils up, cooking the flour, before you leave off stirring.

Now put in your butter, stirring smoothly again till it is melted and united, without oiliness, to the thickened milk. Add the salt.

Let all your stirring be done gently, and *underneath*, in spreading circles from the middle, holding your spoon horizontally, with the back of its bowl slightly touching the bottom of the spider.

Set the spider on the back of the stove, or the top of a hot kettle, while you toast your bread.

Dip each slice of toast, as ready, turn and soak it, then pile in toast dish.

Pour the remainder of the dressing over the whole.

I prefer to keep the toast-slices in the "dip," over the fire, as long as may be without their breaking to pieces. If they get a bit of a *boil*, it is no harm. Slide each piece under the preceding ones, until you have as many in the spider as you can manage, then lay them in the dish for table. A griddle-spade is nice to take them up with when they are very tender.

SPLIT-CAKE TOAST.

Make a split-cake, as per recipe, page 27. You may use it fresh-baked, or you may heat a cold one

in the oven, and put it, in hot slices, into a "dip" made thus: One quart of mixed milk and cream; half cream, if possible. — One teaspoonful of salt. — Two round teaspoonfuls of flour, corn-starch, or arrowroot, wet smoothly with a little cold milk or cream. — One round teaspoonful of solid butter for every half-pint of mere *milk* used in the dip.

Boil and thicken as in preceding recipe.

Boil the slices of cake a minute or two in the dip, when ready.

WHITE BREAD BREWIS.

Make ready: Remainders of bread, broken nicely into very small bits. — A quart of milk, scalded in an inner boiler, then turned into a hot spider or saucepan to boil. — A teaspoonful of salt. — A round cupful of broken butter.

Put the salt into the hot milk.

As it boils, stir in the broken bread.

As it boils, stir in the butter.

Keep well stirred.

Serve hot.

Use only so much bread, putting it in gradually, as absorbs the milk to a soft, porridge-like consistency.

BROWN BREAD BREWIS.

Make ready: Brown bread, bits and crusts, nicely broken, and browned in the oven in biscuit-pans.

A rich milk and butter dressing, as in "milk dipped toast."

Put the hot, browned bread-pieces into the "dip" as soon as it is prepared, and still boiling.

Stir carefully, and simmer a good while, until all is mixed and soft.

Have plenty of "dip" in proportion to your bread, as it takes up a great deal.

It is very delicious.

COLD BISCUITS — TO WARM OVER.

Wrap in a towel and put in a steamer. Steam ten or fifteen minutes, and then put in well-buttered biscuit-pans. Butter the top crusts and set in the oven till the crusts are crisp again. Watch, and take out when just right.

Another way. — Break open the biscuits, butter them inside, put together again and butter the top crusts. Place in buttered pans, and heat in the oven.

CRISPED CRACKERS.

Split and butter soft, or "butter" crackers. Lay the buttered halves in tin plates and set in a quick oven to brown.

Delicious for luncheon or tea, or even dessert, with coffee and fruit.

Also, to serve with soup.

SOUR BREAD.

If you happen to have *light* bread which is a little

soured, make "water toast," "brewis," or "bread griddle-cakes" of it, putting a small teaspoonful of soda to a quart of the water, milk, or batter-mixture, in the preparation.

SECTION III.

RECIPES.

PART II. — CAKE.

All mixtures of cake proper are either batters or semi-doughs.

The simplest form of cake cookery, and that therefore with which I begin, is

SPONGE-CAKE.

Make ready: One pound of purest *fine* granulated sugar. — One scant half pound sifted flour. (Sugar and flour put into separate earthen baking dishes, and set in open oven, or before the fire, until quite hot and dry. Then cool before using. Stir occasionally while heating.) — Ten eggs, whites and yolks in separate bowls. The whites in your large mixing-bowl. (In cold weather, observe Rule 4, Section II., as to putting them in warm water before breaking. — Note carefully directions under same rule for beating eggs.) — Grated rind of two lemons. — Juice of one and a half lemon (or of one only if large and juicy) strained into a cup. — Half a teaspoonful of salt. — Three brick-loaf pans, or two

large loaf-pans (of sheet iron, if possible) well-buttered.

Have your dried flour and sugar cooling, and your oven closed and making ready for a "counting twelve" heat.

Beat the yolks of eggs to a pale, thick, creamy froth.

Beat the whites to a stiffness that will turn upside down and not spill.

Turn the yolks to the whites in big bowl, and beat together. Use your palette-knife to scrape the yolks clean from their bowl.

Now drop in your sugar, in a steady, sifting stream, from a dish in your left hand, while you beat on with your right.

Sift in the flour in like manner, beating all the time. Refrain from using all the flour, if you find you can do so. You may leave out two tablespoonfuls from your weighed quantity, to be added only if found necessary. Flour and eggs vary, in body and contents, and cause variation in result. *Sponge-cake mixture should have the consistency of slightly stiffened spongy froth, such as Charlotte-russe filling.* It should drop and spread easily, yet not run in liquid fashion. The exact nicety of this point must be left to experiment, and the judgment formed thereon.

Remember that too slow, laborious beating, in putting together, after all the separate ingredients

are properly prepared, will make the cake *too close-grained*, and consequently inclined to toughness. It should be whisked together as quickly as consistent with a perfectly *light* handling. The sugar and flour must not be *dumped* in; still, do not linger over it. Of the two, it is better to fling the things together than to keep them stirring a great while.

Stir in the lemon rind and juice quickly, as soon as the last of the flour is in; then the salt, with a thorough whisk. Fill your pans quickly, two thirds full, scatter a little sugar over the tops to form a crisp crust in baking, and get them into the oven at once.

If your oven is quick to scorch on the bottom, invert two Washington pie-plates, and set the pans on these. This will hardly be necessary, however, with *iron* pans. Keep some sheets of pasteboard, — old paper boxes furnish very good ones, — to lay over the tops of the pans when the cake begins to brown. Lay them on the grated shelf of the oven above the pans, rather than on the pans themselves, which would hinder the cake in rising, and injure the crust by sticking to it.

Remember suggestion in Section II., for putting a dish of cold water on the oven-grating over articles baking, if by accident the heat becomes greater than you can manage them in.

Do not open the oven at all for at least ten minutes after putting cake in: when you do, *peep* in through the merest possible crack. If necessary to turn or shift the pans, do it as dexterously and

quickly as possible; but with careful protection, as above directed, this should not be needful until the loaves are nearly done, and not in danger of "falling," from the door being open a few seconds.

When done, the loaves will show a little shrinkage at the edges, from the sides of the pans; and a broom-straw run through the middle of them will come out dry.

Turn out upon a sieve, or if you have to turn them upon the table, invert quickly the hot pans from which you remove them, and put the cake right side up, on these.

ONE, TWO, THREE, FOUR CAKE.

So called, from the old recipe running, — "One cup of butter, two cups of sugar, three cups of flour, and four eggs." Except as a mixture for a very delicate kind of cookies, — which see, in "Cookie" and "Hard Gingerbread" recipes, — this cake does not, and cannot, abide by its name. Unless, indeed, the measures are made with a small *teacup* instead of the half-pint breakfast cup which is understood in all the measures given in this book.

The one, two, and four, however, of the butter, sugar, and eggs, form the basis of proportion in most cake mixtures where these ingredients are all used. You will find that with these precise measures and the three cups of flour, a cupful of other wetting is required and prescribed; when more eggs are used, less additional moistening; and by the

time you reach a proportion of twice as many eggs, no liquid is needed or given for the sake of mixing.

I will give three ways of making: —

I. Make ready: Two half-pint cups, or three teacups, of dried and sifted flour. — One teaspoonful cream-tartar and half a teaspoonful soda, both scant, mixed together, and mixed into the flour. — Two round saltspoonfuls of salt, also mixed in. — One cup butter, solid. — Two rounded cups sugar. — Four eggs, yolks and whites separate. — Two teaspoonfuls mixed spice. See "Measures," Section II. — Two dozen small round cake-tins, buttered, and set in biscuit-pans.

Cream the butter.
Beat half the sugar into it.
Beat yolks of eggs to spongy foam.
Beat whites to a stand-alone.
Beat both together.
Beat the other half of the sugar into the eggs.
Drop butter and sugar into the flour.
Put eggs and sugar to it, and stir till all is mixed. Beat well, but not longer than serves to thoroughly and lightly unite the materials.

Fill the small tins a little more than half, and put immediately into the oven. Bake about fifteen minutes.

II. Make ready: One cup butter. — Two cups sugar, dried. — Three cups flour, dried. Half a tea-

spoonful soda, mixed in. — One cup sour milk, or cream. — Two round teaspoonfuls mixed spice.

Cream the butter, and beat half the sugar in, with spice added.

Eggs as before, and half the sugar beaten in.

Butter and sugar dropped into flour.

Eggs and sugar added, stirring.

As it thickens, pour in the sour milk, and beat all *quickly* to evenness and lightness.

Bake as before.

You may use — and it is very nice — light brown Havana sugar for this, or any variety of similar cake. If you do, you need not dry the sugar, but beat it well with the butter and the eggs, respectively, in the manner directed above; making the portion with the butter very creamy, light, and white.

Yellow ginger used instead of other spices, turns this into very nice soft-cake gingerbread.

III. Made like No. II., except that you put an even teaspoonful of cream-tartar and half a teaspoonful of soda, mixed, into the flour, and substitute a cup of sweet milk for that of sour.

LEMON QUEEN-CAKE.

Make ready: One pound of *fine* granulated sugar. — Half a pound of flour. — Half a pound of butter. — Eight eggs, whites and yolks separate. — Two lemons, rind grated and juice strained. — A small

half teaspoonful of soda, and one of salt. — Two dozen cake-tins, buttered.

Mix salt and soda with flour.

Beat butter to a light cream. Add lemon rind. Beat half the sugar to it.

Beat yolks of eggs, then whites, then both together.

Spill sugar to the eggs, and beat well.

Put butter and sugar into the middle of flour, and begin to stir.

Turn eggs and sugar in as it begins to mix, and beat on, gathering in the flour steadily and quickly.

Put in lemon-juice last, beating through and through with the *understroke*, till the bubbles swell up and break.

Fill tins and bake, as with one, two, three, four cake.

QUEEN GINGERBREAD.

Same recipe, except that you use, in addition, yellow ginger; one even tablespoonful, mixed with the lemon rind, to the creamed butter.

Orange may be used instead of lemon.

Orange peel, dried, pounded, and sifted, is very nice instead of fresh peel. Use a teaspoonful where you would grate one fresh orange.

QUEEN SPICE-CAKE.

Same recipe, only using a round tablespoonful of mixed spice instead of ginger.

N. B. These last three recipes are simply an exemplification of the fact that many recipes with distinctive names may be multiplied from one identical basis of preparation. If you analyze the cookery books, you will find that whole pages of variety are only slight changes rung upon one original composition. You may follow these, or invent for yourself, *ad libitum*, only keeping clearly in mind the class-proportions of staple material, and the proved best method of mixing.

RICH SPICED GINGERBREAD.

Make ready: One cup of butter, solid. — One cup of brown sugar, sifted. — One cup of molasses. — Four cups of flour. — One teaspoonful of salt. — Four eggs. —One cup of sour milk, as creamy as possible. — Two teaspoonfuls of soda.

For spice: One teaspoonful of clove. — One teaspoonful of yellow ginger. — Half a teaspoonful of cinnamon. — One tablespoonful, heaped, of grated orange peel, or one heaped teaspoonful of dried and pounded peel. — These all mixed together.

Small square cake-tins, or thin sheet pans, ready buttered.

Mix the salt and soda with the flour.

Cream the butter. Beat the sugar to it, very light and white.

Mix the molasses and sour milk together.

Beat the yolks of eggs, then the whites, then both together.

Drop the butter and sugar into the flour.

Turn in the beaten eggs, and begin to mix in the middle.

At the same time, pour in the milk and molasses, and stir quickly and evenly, till all is beaten together. *As soon* as this is accomplished, and the effervescence is apparent, put into your tins, and into the oven.

OLD-FASHIONED POUND-CAKE.

Make ready: One pound of dried and sifted flour. — One pound of fine granulated sugar, dried. — One pound of the very nicest butter, in a middle-sized bowl. — Ten eggs, yolks and whites separate, in bowls for beating. — One wineglass of brandy.[1] — One teaspoonful of powdered mace, or one and a half of nutmeg. — One saltspoonful of salt. — Large mixing bowl. — Two sheet-iron loaf-pans, buttered.

Cream the butter, adding spice, in the large bowl.

Beat the yolks of eggs to a thick froth.

Beat the whites to perfect stiffness.

Beat yolks and whites together.

Spill the sugar to the eggs, beating well.

Brandy and spice may be omitted, or any spicing you fancy substituted; but this is the old-fashioned recipe, and for cake intended to be *kept* long, the brandy is needful. I do not advise the use of such things freely and commonly, and would hint that the *lady* should always keep the management of them to herself.

Put a small part of the flour to the butter, and stir and beat to a light batter as expeditiously as possible, adding the brandy as you do so.

Turn the eggs and sugar in, beat lightly, then add the rest of the flour, and beat all well.

N. B. This way of mixing is not old-fashioned, though the recipe is. The advantage is that the curdling, which takes place when the butter and sugar are first beaten together, and then the eggs beaten and added to them, is avoided, and the smooth lightness, which is made a special point of in all the processes of this little book, is preserved from the beginning.

Fill pans two thirds full, and watch as sponge-cake.

Pound cake mixture is the prime form of all more solid, rich cakes, — such as fruit and wedding-cakes. If you can put this together well, you can make any varied or elaborated compound, by such recipe as you fancy.

Always mix spices beforehand, so as to add them at one beating.

Currants or citron may be added to plain pound-cake. A cupful of the former, washed, dried, and dredged with flour; or an equal measure of the latter, in slips, also lightly floured. Either stirred in at the last beating.

Prepare all fruits — raisins, currants, citron — beforehand. Dredge each kind lightly and evenly with flour, so that each bit or berry shall be just

coated, and lie separate. Then mix the kinds together.

You may take the flour for the dredging from your measure for the cake; only remembering to have full measure.

ORANGE, OR GOLD-CAKE.

Make ready: One pound, or two half-pint cups, of fine granulated sugar, dried. — A little more than half a pound, or one round, solid cup, of butter. — Two and a half cups of dried and sifted flour. — Yolks of twelve eggs. — Grated rind of two oranges; juice of one, and of one lemon. — One teaspoonful of soda, mixed with the flour.

Cream the butter, put a little more than half the sugar to it, sprinkle in the orange rind, and beat light.

Beat the yolks of eggs to thick foam, then add the remainder of the sugar, and beat light.

Mix orange and lemon-juice together.

Put creamed butter and sugar into the middle of flour.

Pour eggs and sugar upon it and beat all together.

As you finish beating, put in the orange and lemon juice, and beat with quick, final, *all-through* strokes to effervescence.

Fill pans at once, — two thirds full, — and put in the oven.

Bake and watch, as by previous instructions for all nice, light cake.

To be iced. The icing flavored with strained orange-juice in which grated rind has been soaked. Use a spoonful at a time until the flavor suits you.

SNOW, OR SILVER-CAKE.

Make ready: One pound, or two cups, of fine granulated sugar, dried. — Six ounces, or one cup, of small-broken butter. — Three quarters of a pound, light, or two even cupfuls, of dried and sifted flour; *or, instead, which makes a more delicate cake,* one even cup of flour, and four tablespoonfuls of corn-starch, sifted together. — Whites of twelve eggs. — Juice of one lemon. — Two tablespoonfuls of rose-water, or half a teaspoonful of peach-water or essence of bitter almonds. Use these last essences with care, and observe directions accompanying *reliable* preparations.

Cream the butter; then beat with it, very white and light, one cup of the sugar.

Beat the whites of eggs to stiffness, then beat the other cup of sugar to them.

Drop butter and sugar into the flour.

Turn eggs and sugar upon it, and stir all to even lightness.

Add rose-water during the last of the beating.

Bake in small square tins, or in sheet pans, filled and tended as usual.

Icing flavored with rose-water.

CAKES RAISED WITH YEAST.

RAISED LOAF-CAKE.

FIRST MIXING.

Make ready: One pint and a half of flour. — One pint of warm milk. — Half a teacup of yeast. — One teaspoonful of salt.

Mix salt with flour; put yeast into the middle; add gradually the warm milk, beating to a batter.

Set to rise over night.

SECOND MIXING.

Make ready: One cup of solid butter. — Two cups sifted brown sugar. — Four eggs, whites and yolks separate. — One round tablespoonful of mixed spice. — Three cups of flour; one teaspoonful of soda mixed in.

Fruit as below, if you desire it.

Cream the butter.

Beat the sugar with it. Add spice.

Beat yolks of eggs, then whites, then both together.

Beat butter and sugar with the risen batter.

Add the eggs and beat all well.

Put in the last pint of flour, gradually, mixing thoroughly with the hand. Leave out a little of it, if not needed for a *soft* cake dough.

If you wish to add fruit, do it now. Two heaping cups of raisins, stoned and floured; or, one heaping cup of raisins, stoned and floured, and one of currants, washed, dried, and floured; then both mixed together. Citron, also, if you please, cut in bits or strips, and mixed with the rest.

Set to rise again till perfectly light. Then scrape down and stir; fill pans two thirds full; let stand a few minutes, say fifteen, in a warm place — on the stove hearth, or on the top of a drum, or covered hot-water kettle. It will not rise perceptibly in the pans, but the process will have *begun* afresh in them and will complete in the baking. Bake an hour or more.

ICING FOR CAKE.

For every two whites of eggs, take a heaping cup of best powdered loaf-sugar.

Beat the whites of eggs to solid froth, to stand alone.

Sprinkle the sugar in gradually, beating all the time. If more sugar can be *whipped* in, add it; but this measure is the rule.

Flavor with orange, lemon, rose-water, or whatever is prescribed; the juice of one lemon, or equivalent of orange juice, or two tablespoonfuls of rose-water, to four eggs and two heaping cups of sugar.

If you use orange or lemon flavor, grate the rind and soak it in the juice beforehand; then strain the juice into the icing.

Drop in spoonfuls upon the middle of your cake,

and spread with a knife wet in cold water; or, still better, if the shape of the cake allow, — and almost any loaf does, — let it spread itself, from the middle down to and over the edges.

Set to dry in a warm, airy place.

N. B. Ice cake before it grows quite cold, but not when hot.

BUNS.

FIRST MIXING.

Make ready: One pint of sifted flour. — One pint of warm milk. — Half a cup of yeast. — One teaspoonful of salt.

Mix salt with flour.

Make hole in middle of flour and put in yeast.

Pour to this the warmed milk, and stir all to a batter.

Beat well; set to rise in a warm place, as you would muffins or buckwheat cakes.

SECOND MIXING.

Make ready: One pint of sifted flour, a small teaspoonful of soda mixed in. — One large tablespoonful of solid butter. — Two eggs, whites and yolks separate. — One cup of sugar.

Beat the butter to a cream in a small bowl. Put to it as much of the sugar — perhaps half — as will beat lightly with it.

Beat yolks of eggs, then whites, then both together. Put remainder of sugar to these, and beat up.

Beat butter and sugar to the risen batter, adding eggs and sugar almost at the same time. Beat all light, but no longer than needful. Like all mixtures whose components are well beaten separately, it *will* be light as soon as thoroughly stirred together.

Stir in the reserved pint — or a little more, if needed — of flour, using the chopping-knife to bring it to a tender dough.

Set to rise for two or three hours, or until very light.

Sift flour lightly upon your moulding-board ; scrape down and work the dough a little in the bowl with a knife ; take a piece at a time as large as an egg, drop it on the floured board, dredge it a little with flour, shape and roll it with the knife and your fingers into a bun.

Set the buns close together in buttered biscuit-pans, and let them rise to a sponge as you do biscuits. Mix a small quantity of milk and molasses together, — say a large spoonful of each, — wet your finger or a brush in it, and pass over the tops of the buns, and put them in a quick oven.

Bake about fifteen minutes.

PLAIN GINGERBREAD, OR SPICE BREAD

Make ready : One cup broken butter, even. — Two cups molasses. — Six light, scant cups sifted flour, —

one teaspoonful and a half of salt mixed in. — One cup of sweet milk, with two teaspoonfuls of soda dissolved in it.

For spice: Two round teaspoonfuls of yellow ginger: *or*, — one round teaspoonful of clove, half teaspoonful cinnamon, and a pinch of mace: *or*, — one round teaspoonful of clove, and half a teaspoonful of yellow ginger: — Three round teaspoonfuls of grated orange peel make a very nice addition to the flavoring. A slow, steady oven.

Cream the butter.

Mix the spice, and stir into the butter.

Drop the butter into the middle of the flour.

Pour the molasses gradually into it, stirring in the usual way, from centre.

When nearly all the flour is gathered into the batter, add the milk with the dissolved soda, and beat up well.

Bake in sheet-iron pans, or small square tins; fill two thirds full.

May also be baked as cookies, in muffin rings; or as drop-cakes, in your small drop-cake rings. See "Drop-cakes."

COOKIES, ETC.

This class of recipes constitutes, perhaps, the most debatable ground in the whole cookery book, as ordinarily written. You are continually told, "so much butter, so many eggs, so much sugar, so much milk, molasses, or whatever," and "*flour to roll out.*"

Now, as success in putting together depends upon precision and promptness, it is very important to have at least an approximate idea beforehand of how *much* flour it will *take* to roll out.

The "one, two, three, four" recipe, as I have said before under that heading of cake, is nearly a rolling-out mixture; that is, one cup of butter, two of sugar, and four eggs, as moist material, will take three cups of flour to make a very *soft*, *delicate*, brittle dough.

If, therefore, milk, or any other wetting, be added to such proportion, as much flour, also, in addition, will be needed, *as would make that milk or other liquid into tender dough.* That is, according to rule in Section II., *two cups of flour to one of milk.*

With this rule as a basis, you may analyze a recipe, and form careful judgment which will be a close approximation, at least, to exactness; and so avoid the flurry and blundering, and the perplexity as to how to get wet and dry smoothly together, which that easy dismissal on the author's part, of "flour to roll out," leaves to the learner.

Always, in such cases, reserve a little of your measure of flour, that you may not err on the irrevocable side of too much. What you want is to accomplish your usual *smooth mixing;* not being obliged to put incongruous moist material all together first, to turn curdled and watery, before you stir in the flour. You can lightly sift in additional flour as you approach the end of your mixing.

A special point will be, the quickness with which you must perceive and act upon this requirement of added flour at the last; as the soda should always be mixed with the first measure of flour if possible; and any more flour must be swiftly and thoroughly incorporated, before the effervescent action has ceased.

I have made careful experiment with all the usual ingredients in such recipes as I here speak of, *separately;* and the following are the rules at which I have arrived, for the quantities of flour they will take up, respectively, in mixing to batter, semi-dough, or stiff paste.

One measure of butter, lightly creamed, to one of flour, will make a pound cake batter.

One measure of butter, lightly creamed, to two of flour, will make a soft, or semi-dough.

One measure of butter, lightly creamed, to three of flour, will make a dough; with four, a stiff paste.

One measure of butter, lightly creamed, to two of sugar and three of flour, will make a stiff dough, that

is, a dough that can be mixed with a chopping-knife. By a *stiff paste*, as above, I mean something decidedly stiffer than this.

One measure of molasses to two of flour, will make a gingerbread batter.

One measure of molasses to two and a half of flour, will make a semi-dough.

One measure of molasses to three and a half of flour, will make a *stiff* paste.

One beaten egg and two tablespoonfuls or a full half-gill of flour, will make a cake batter.

One beaten egg and three tablespoonfuls or three fourths of a gill of flour, will make a semi-dough.

One beaten egg and four tablespoonfuls or a full gill of flour, will make a "chopping-knife" dough.

Sugar, with butter, eggs, and flour, would appear from the above experiments simply to help combine, without altering much the proportions of the other two ingredients, since one measure of butter with three of flour will make a true dough, and when beaten with two measures of sugar will still take three measures of flour, — the paste scarcely differing except by being more tenacious.

The *tendency*, therefore, is in *part* to soften; and with *much liquid*, as milk, or molasses, or both, especially if combined directly, should be allowed for as far as it increases the volume or measure of the liquid.

These rules are for first calculation, in trying new

recipes. In any recipe you may repeat and adopt, you will soon establish rule and measure for yourself.

Bear in mind that the foregoing are the *full* measures of flour that the given moist materials will take up, and retain the prescribed character of "batter," "semi-dough," "dough," or "stiff," yet "rollable," paste. And that, in cake-making, to secure tenderness and delicacy, the flour measure should always be *rather* on the side of scantness.

I repeat, therefore, *reserve some of your flour in these uncertain cases to sprinkle in at the last of the beating — say one cup in every six.*

Remember, also, that eggs — although in their raw beaten state they will mix the amount of flour mentioned — effect, in the baking, the setting, or stiffening of the compound; therefore, if eggs count largely in the moist material, you should scant the allowance of flour accordingly, or at least use corresponding caution in making your reserve.

You will perceive that it is easy, by the former rules for comparative weights and measures, to translate the one into the other for the applying of these principles.

"ONE, TWO, THREE, FOUR" COOKIES.

Make ready: One cup of butter, solid. — Two cups of fine-granulated sugar. — Three round cups of flour. — Four eggs, whites and yolks separate. — One even teaspoonful of cream-tartar, and half the same of soda, mixed together, and into the flour. — Two even tablespoonfuls of caraway seeds, or any spice you may prefer. — One even teaspoonful of salt.

Several buttered biscuit-pans.

Mix the salt and caraway seeds with the flour.

Cream the butter, beat half the sugar with it. Add the spice, if spice is used.

Beat yolks of eggs, then whites, then both together; then beat the other half of the sugar to them.

Drop the butter and sugar to the flour; then the eggs and sugar, mixing all together quickly to soft, even dough.

Sift flour, finely and evenly, over the middle of your moulding-board.

Take a teaspoonful at a time of your cake dough, drop it on the floured board, roll it over with your finger-tips till it is floured enough to take up carefully and place in the pan. Do this, and pat it quickly and gently, with floured fingers, from its ball-shape to a round cake. You need only press it from centre outward; the edges will take care of

themselves. Go on in this way till you have filled your pan, then have it placed in the oven, while you proceed to fill others.

Two persons are really always required to make and bake nice cookies. One pan will bake, in a quick oven, while you are filling another. Each pan should be just slightly touched over with butter when a baking is removed, before another is put in.

A slightly convex, plain, smooth wooden stamp, dusted with flour, might be used, instead of the fingers, and more quickly, to press the cakes into shape. Of course, this way of managing is a little slower, but not more troublesome, than the ordinary way of rolling out and cutting; but this cake recipe, which makes delicious cookies, cannot be used for rolling out; and all rolled cakes take a good deal of flour in the repeated process of gathering and using up the dough, thus growing somewhat plainer and tougher all the time. For rich, elegant little cakes this is the best method I know of.

You may spread the dough in like manner on tin sheets, then cut through and across in strip-pieces, with a wheel cake-cutter, if you like.

THIN SUGAR GINGERBREAD

May be made by these last directions, substituting a teaspoonful or more, as you fancy of yellow ginger for other spice, and spreading on tin sheets as suggested at close of recipe.

CRISP, ROLLED-OUT COOKIES.

Make ready: Seven cups of flour. — One round, solid cup of butter. — Two round cups of sugar. — Four eggs, whites and yolks separate. — One cup of sour milk, as creamy as possible. — One round teaspoonful of soda. — One round teaspoonful salt. — Two tablespoonfuls of caraway seeds.

Mix salt and soda with the flour.

Chop in the butter, as you do for pie-crust.

Mix the caraway seeds and almost a cupful of the sugar evenly with the shortened flour.

Beat the yolks of eggs, then the whites, then both together. Add the rest of the sugar, and beat together light.

Drop eggs and sugar into middle of flour. Begin to mix, and as you do so pour in the sour milk, stirring from the middle outward, and bringing all together. Finish with the chopping-knife, if needed, as it stiffens.

Sprinkle flour from fine sifter upon the moulding-board; over this sift fine sugar; put a convenient part of the dough upon it, and roll out with *smaller* rolling-pin. Sift sugar over the rolled dough, and cut in rounds or strips. Lay in biscuit-pans, and bake brown.

Or, you may roll at once upon tin baking sheets, divide in strips, sugar, and bake.

Cover tight, and set where it will be *hot*, for five minutes.

COFFEE.

Keep your coffee-pot clean and polished, inside and out. Always have it washed in hot suds, rubbed dry, and set before the fire, after every using.

Roast and grind your own coffee, if you can.

Otherwise, for next best, buy well-roasted coffee, and *heat it over and grind as you use it.*

The best coffee is Mocha and Old Java, equally mixed.

For third best, — and pretty good too, if you have a good grocer, — buy and test, till you get the *very best*, the mill-roasted and ground coffee, and be very careful in preparing.

Make ready: One teacupful of roasted and ground coffee. — The clean coffee-pot, *hot.* It must be large enough to hold one third more coffee than you intend to make.

Put the coffee in, close the pot, and set it on a drum or back corner of the stove, for a few minutes, till the coffee is just hot, *no more.* Shake up, that it may heat evenly. It must not roast.

Meanwhile, stir, not beat, an egg in a cup; crush up the shell with it; turn it in upon the coffee, and stir together with a fork.

Pour a quart of boiling water, gradually, to the coffee, stirring it as you do so.

Close tight, set on the fire, and boil ten minutes. Lift the cover and stir down, quickly. Pour a little through the spout into a cup, and turn back. Do all quickly. Shut tight, and set where it will keep simmering hot, but not boil.

ANOTHER WAY.

Make ready: Hot coffee-pot, as before. — One large cupful of ground coffee, tied loosely as to space, but tightly as to string, in a muslin cloth.

Put this into the pot, and stand in a hot place a few minutes, tightly closed. Shake up once or twice and be sure not to scorch.

Pour the quart of boiling water upon it, and set on the fire. Boil slowly and uninterruptedly for half an hour. It will turn off clear, and is as nice as coffee need to be.

CHOCOLATE, BROMA, PREPARED COCOA, ETC.

Make ready: The preparation measured off as ordered in directions accompanying the article. — Boiling water, in proportion to the same, in a nice saucepan.

Mix the chocolate or cocoa smoothly with a little cold water, and stir it into the boiling water; boil ten or fifteen minutes for chocolate, twice as long for cocoa. Add cream or milk as you would in preparing a beverage at table; that is, to bring color and taste to your liking; it takes a generous measure, the ordinary rule being equal quantities of milk and water; but I think there can be no invariable

rule given, any more than for pouring out cups of coffee, more or less creamed for different persons.

EGGS. BOILED.

Make ready: A good-sized saucepan, with a good deal of fast-boiling water. Proportion space and quantity to the number of eggs wanted, always allowing enough for the water to continue boiling as the eggs are dropped in. — The eggs you wish to boil laid in quite warm water, for the double purpose of warming and of washing them.

Drop the eggs carefully into the boiling water, and time them as desired.

Three minutes for a very thin-boiled egg.

Four minutes for a set white and soft yolk.

Five, six, or seven minutes for an egg to cut through in same ratio of solidity.

Ten minutes for a crumbly-hard egg.

FRIED EGGS.

Make ready: A pan with enough clear, boiling fat in it to cover an egg broken in; if you have been frying ham or sausages, strain the fat and put it back in the pan, from which all scraps of the first fry have been scraped or wiped. — Break the eggs, one by one, into a cup; drop each carefully into the fat, so as to keep it well together. Do not fry more than three at once. — Dip up the fat with a spoon, and pour it gently over the eggs as they cook, until

a delicate white coating forms, through which the yolk blushes. — Fry a longer or a shorter time, as desired soft or hard. You need no test but eye and touch.

DROPPED EGGS.

Same process as the last, except that you use a pan of boiling water with a teaspoonful of salt in it to drop the eggs in, instead of fat.

Serve on slices of "water toast," for which see recipe. Barely dip the toast for an instant; do not let it soak. Skim the butter on nicely and evenly.

SCRAMBLED EGGS.

Make ready: Eight eggs, broken all together into a bowl. — Frying-pan, with a round tablespoonful of butter scattered in in bits, peppered lightly, and sprinkled with a scant teaspoonful of salt. — A large, limber knife, or a griddle-spade.

Put the pan on the fire. As the butter melts, turn in the eggs.

Begin at once to scrape and toss up from the bottom, as the egg "sets" there. Handle quickly, following the cooking of the egg, keeping all turned and mixed and *scrambled* together, until there is *just no liquid and no tough, leathery solid*, but a delicate mixture of white and yellow, set but not hard, moist but not running, which will pile into a dish. Keep the handle of the pan in your left hand, as you stir with your right, shifting it over the heat as needed,

or even raising it, if cooking too fast. It will go on hardening in the hot pan after it is taken from the fire; therefore either allow for this, and for stirring a moment or two after removal, or turn very quickly into a hot dish when finished exactly right.

OMELETTE.

Make ready: Six eggs, whites and yolks separate. — Two round saltspoonfuls of salt. — Half a saltspoonful of pepper. — One tablespoonful of thick cream. — One dessert-spoonful of butter. — Frying-pan, with bits of butter about equal to two English walnuts.

Cream the butter.

Beat the cream into it.

Beat the yolks of eggs very spongy light.

Beat the whites till they will stand alone.

Put yolks and butter together, with the salt and pepper, and beat well.

Add the whites, beating all the time.

When nearly ready, have the pan set on the fire. When it is so hot that the butter begins to fry, stir this well over the bottom of the pan, and pour in the omelette, scraping it quickly out of the bowl with your palette-knife.

Turn the pan, shift it over the fire, or lift it an instant, slightly, if needed, as the omelette cooks. Do not let it burn.

Raise the omelette at the edges with a knife, as

it sets, passing the knife farther and farther under it as it grows firm, and letting the butter run under, and the air pass in, to keep from scorching.

When you can raise it to the middle, and it is high and fluffy, take the pan off and set it in the oven on the grated shelf, to finish setting the top of the omelette firmly, which will be quickly done. You may either brown it, and serve it in a round, upon a large dish, or you may turn one half upon the other in the usual omelette shape, as soon as it ceases to be at all liquid.

Slip or turn upon a hot dish, put a hot cover over it, and send it instantly to table.

For *fancy omelettes*, add either a little fine herb seasoning, a little chopped parsley, a little mace to the pepper and salt, some fine minced ham, with a bit of chopped onion, chopped tomatoes, — in which case you beat a tablespoonful of flour with your butter and cream, and use perhaps three moderate-sized tomatoes, — or any other mixture you may find and choose in the cookery-books, to your beaten eggs; always putting these things to the beaten yolks, first, and then adding the stiff whites, as just directed.

FINE HOMINY.

Number four is best.

Wash a large cupful in *plenty* of water several times, rinsing till very clean and white. Put it in an inner boiler, with the water boiling in the outer one; enough cold water poured to the hominy to

make a quart of the whole, and stirred up with a teaspoonful of salt. Cover close both boilers, and boil half an hour.

Uncover, stir, and if too thin, boil, uncovered, till of the consistence of hasty-pudding. That is till it will not quite *pour*, but stirs and turns out easily.

It may be boiled at once in an open saucepan, but will need, in that case, more constant watching and stirring to prevent its burning.

Stir in a large spoonful of butter before serving. More can be added at table.

COARSE HOMINY.

Soak over night, and boil in plenty of water to keep it covered, till perfectly tender; then turn off any superfluous water, and set back where it will steam off a little, like rice. The water should be salted, at first, with a teaspoonful to a quart.

It should be set on as soon as the fire is made in the morning, *by an early riser*, as it requires a long, slow, steady boiling. Two hours, certainly. Stir in butter, and serve.

FINE HOMINY CAKES.

FOR BREAKFAST OR DINNER, ESPECIALLY NICE WITH THE LATTER, AS A VEGETABLE.

Fresh boiled hominy, or that which has been set aside cold, may be used. If the latter, break it into grains, as lightly as possible, with a fork, and heat it in an inside steaming-pail, as first cooked, only

not putting water to it. Stir in a little butter; a tablespoonful to about a pint, unless it was much buttered when first cooked.

For a pint, or a little less, take two eggs, and beat whites and yolks separately. Stir the yolks to the hominy, then the whites to all. A saltspoonful of salt, if the hominy was well salted at first; if not, more.

Drop in spoonfuls on tin plates, well buttered, and bake to a nice brown. These are delicious, and as light as sponge drops.

FRIED HOMINY

May be prepared as the preceding, with the addition of a *very little* flour, — say a teaspoonful to a pint, beaten in with the butter, — then make into round cakes or balls, by rolling a large spoonful at a time in a little flour, and fry in hot lard, like doughnuts or fishballs.

To fry *plain*, cut cold hominy in nice slices, put enough butter in the frying-pan to well cover the bottom when melted, and when it "sizzles" lay in your hominy slices, fry till brown on the under side, turn carefully with a griddle-spade, and brown on the other.

Lay evenly on a side dish to serve. Eat with butter and syrup; *maple*, if you can get it.

MUSH, OR HASTY-PUDDING.

Put a quart of boiling water into a porcelain saucepan, and set on the fire.

Mix a cupful of finely sifted Indian meal, smoothly, with cold water in a bowl. Stir it into the boiling water, with a teaspoonful of salt.

Continue to stir, pretty constantly and thoroughly, while it is cooking, which will take from twenty minutes to half an hour. It should boil down till too thick to *pour*, but of a soft stirring consistency.

Eat with milk, cream, or butter and syrup.

Cold mush may be put into shallow pans or dishes, wet with cold water, to enable you to turn it out as from a mould, and set away to be fried for another meal. Little cake-tins make pretty shapes for this purpose. Fry in just enough butter to well cover the bottom of the pan.

Put the butter into the pan cold, and heat until it "sizzles." In this way, you will not get your pan overheated, so as to burn the butter when put into it, as may easily happen if you set the pan on beforehand.

ANOTHER WAY TO FRY HASTY-PUDDING.

Make it fresh, by the preceding directions. Stir in additional meal, as it boils and thickens, until it is as stiff as you can well stir.

Add a spoonful of butter to a quart of the mush, stirred in hot.

When done, turn it out into a bowl or dish, and while it cools somewhat, beat up two eggs very light, and stir them in as soon as the pudding is cool enough not to curdle, or cook them.

Mix nicely together, and then make into little balls, by rolling a spoonful at a time in flour sprinkled thickly on a dish or moulding-board.

Drop into hot lard, and fry like doughnuts.

HASTY-PUDDING TO CUT AND FRY IN SLICES.

Make the pudding stiff, as by last directions. Set away cold.

It will cut in firm slices, to be fried in a pan or on a griddle, with butter, like the *moulded* pudding of the first recipe.

FRIED POTATOES.

Fry out three or four slices of nice salt pork in your pan, until perfectly crisp. Take time for it, that it may fry steadily, but slowly, without the least scorching.

Slice up cold boiled potatoes, in about three lengthwise slices each for moderate-sized ones, so that they may hold together, and not break or crumble.

Dredge them very lightly with flour, through a fine sifter. If possible let each piece be just dusted evenly. Then put a few at a time into the hot fat, from which you have removed the crisped pork. Lay this on the dish in which the potatoes are to be served.

Tend the potatoes carefully, turning them with a fork, until they are well and evenly browned. As they are finished, lay them on the dish for table. Keep covered and hot.

FRIED RAW POTATOES.

Wash, pare, and slice them thin but not in shavings, an hour beforehand. Lay them in cold water for three quarters of an hour. Then turn off the cold water, and pour boiling water upon them. Let them stand while you fry out your pork, as directed in the preceding.

Drain the potatoes, and wipe them dry with a clean, soft towel. Fry, without dredging, as in previous recipe.

SARATOGA POTATOES.

Pare the potatoes, and shave them with a potato-slicer, so thin that you can almost see through them. Drop them from the slicer into a large pan of ice cold water. Do this overnight for breakfast, or early in the morning for dinner. When you have ice, put a large piece in the pan.

Just long enough before frying to accomplish it, drain them from the water, and wipe them perfectly dry, a few at a time of course, that you may make them so. While this is doing, have a broad, deep pan or kettle on the fire, with lard melting in it, enough to make fat three inches deep, as for frying doughnuts. Let this become boiling hot, but not scorching.

Carefully separate the slices of potato from each other as you put them in to fry, and do not put in more at a time than you find you can keep separate while cooking. Tend them with a fork, tossing

them over to brown delicately and evenly. They must nowhere be white, and nowhere black or dark; but uniformly of the color of a light brown pie-crust.

Have a large sieve, laid over a pan, to receive them as finished, take them up with a skimmer, and sprinkle them with fine salt as you pile them in the sieve.

Keep your pan close by the fire, that the potatoes may not grow cold; but they will well bear setting in the oven to heat up, if necessary; or to heat over another time. They will be like the nicest little flakes of pastry.

You are not obliged, therefore, to cook them just at the getting of a meal. You may make a separate, leisurely work of it, as you would of cakes or pie-crust, at any convenient time beforehand.

STEWED POTATOES.

Make ready: Cold boiled potatoes, cut in small bits, a pint bowl full of pieces, for the quantity of dressing about to be directed. — Half a teacupful of broken butter. — One cupful of boiling water. — One cupful of cream. — Two saltspoonfuls of salt. — One saltspoonful of powdered mace, or rather more of grated nutmeg. — One even teaspoonful of corn-starch or sifted flour.

Put the cream into a saucepan, turn the boiling water to it, stir and set on the fire.

Wet the starch or flour, with a little cold milk, carefully and smoothly.

When the cream and water boils, stir in the thickening, letting it boil up as you do so.

Now stir in the butter, smoothly, as you do for dipped toast.

Sprinkle in the salt and mace, with a *scatter* of pepper over the top, repeated until you find the seasoning savory without being hot.

Turn in the potatoes, stir, and boil up, then allow to simmer slowly a few minutes, until they are well softened and cooked.

POTATO SOUFFLÉE.

Make ready: Six or eight potatoes, according to size, freshly boiled and mashed fine. — For a quart of mashed potato, a teacup of broken butter and a heaping teaspoonful of salt, stirred in hot. — Keep the potato covered in a hot place. — A cupful of cream, or rich milk, set on to warm. — Four eggs, whites and yolks separate. — A large, thickly buttered baking-dish.

Beat the yolks of eggs, then the whites, then both together.

Turn the cupful of cream to the potato, and beat up quickly.

Give a little fresh beat to the eggs, and then beat them thoroughly and lightly into the whole.

Add a scatter of pepper at a time, until the potato tastes just pleasantly of it.

Put all into your buttered baking dish, and into the oven. Bake quickly, till puffed up and delicately browned. Allow twenty minutes.

The same may be made very delicately, with the *whites only* of three eggs.

POTATO BALLS.

Take fresh boiled and mashed potatoes, or those which have been mashed while hot, and stir in a tablespoonful of butter and a beaten egg to a full pint of potato. If the potato is cold, cream the butter before working it in. Add a half teaspoonful of salt, and a dust of pepper.

Put in spoonfuls on a well floured moulding-board, dredge with flour, and roll into balls or cakes.

Put enough butter into a frying-pan to run over the bottom of it freely when melted, heat it to the frying point, and lay in the potato cakes. Turn them very carefully as they brown. When brown all over, they are done.

SALT FISH.

Procure in the first place the large, thick, white fish which cuts in good, solid slices.

Cut through in strips, and divide in squares, as much as you wish to use. Wash it as well as you can, and lay it to soak in cool, not absolutely cold, water over night. Change the water early in the morning, and let it soak again for two or three hours.

Wash it out of this water, scrape and clean it as nicely as possible, and put it in a kettle with lukewarm water enough to cover it. Set it where it will gradually heat to the scalding point, and keep it scalding, but do not allow it to boil for a moment.

About an hour before dinner time, take it up, lay it in cold water, and with particular care remove every bit of *dark* fish, skin and bone; leaving only delicate, palatable pieces which may all be helped out and eaten unhesitatingly and impartially. Then return it to the kettle, which has been washed out, cover with warm water, and let it just *come* to a boil, and set back till ready to dish.

So far, for *dinner:* as the preparation of a breakfast dish from salt fish must depend on all this having been done the day before. The sauce, etc, for dinner accompaniment, will be given in the proper place.

FISHBALLS.

Make ready: A pint of cold salt fish, prepared as above, nicely shredded and chopped. Do this the night before, to save time in the morning. — A little less than a quart of *fresh boiled* and mashed potatoes, with a cupful of broken butter, and two even teaspoonfuls of made mustard mixed thoroughly in. — Also, half a teaspoonful of salt.

Beat up an egg light, and stir it in, with a spoonful or two of cream or sweet milk.

Now add the chopped fish, throwing in and turning over a little at a time, till all is in and equally mingled.

Take a heaping tablespoonful at a time, and roll it on a floured board, dredging it lightly after it is shaped. Make it into as perfect a little ball as you can. Go on in this way till all is made up, and all are uniform.

In the mean time, you must have had your deep frying-kettle on the fire, with lard heating in it, as for doughnuts; three inches deep when melted, and just boiling hot, for the putting in of the fishballs.

Drop in a few at a time; only so many as you can tend easily, and without crowding. Turn them over and over, as they brown, till they are of a perfect even crispness and color. Take them out with a skimmer, as finished, and lay them on a sieve or strainer that the fat may all drain off; keep in a hot place till time to serve, then place on a hot dish, and send to table.

MINCED SALT FISH.

Prepare the fish the previous day, in the same manner as for fishballs.

Boil fresh for the mincing enough potatoes to make nearly a quart, when *chopped*, to a pint of the fish, shredded and chopped. The potato should be in very small, even pieces, but not mashed.

Mix the two together, lightly and evenly.

Put half a cup of solid butter, with a half teaspoonful of salt, and a dust of pepper, into a large spider or deep frying-pan, and set on the fire till the butter melts. Then stir up with the seasoning, put in the

chopped fish and potato, and mix the whole with a knife.

Let it stand till it browns on the bottom, then stir up again.

Repeat this several times, till a brown crispness is broken and mingled pretty generally through all. Do not mash, or press it: keep it as light and separate as you can.

Pile on a side dish, and send hot to table.

SCORCHED FISH.

Tear off some small strips of the white part of salt fish. Wash and wipe it. Then shred it up, in long, thin slivers. Lay these on a tin plate, and set in a hot oven, on the top grating, if necessary; let them brown till *almost* burned. Turn them with a fork, that they may do evenly. They are a nice relish, nibbled from the fingers.

SMOKED SALMON, OR HALIBUT.

Cut a slice or strip, through the piece, as large as will be eaten. Wash it, rinsing it several times. Lay it in a pan, pour warm water to it, and set it where it will grow scalding hot. Let it remain so for half an hour or more, according to its newness. Recently smoked fish requires less time than old.

About twenty minutes before it is wanted, take it out, wipe it dry, and put it in a wire broiler. Lay, or hold, it over the fire, which should be clear, as for toasting.

Turn it frequently, so as not to scorch. When done, it will have changed color all through: salmon from a deep red to a flesh pink, and halibut from a dark to a pale buff. You can judge from the color at the edges, allowing time for the same effect to reach the middle. This will vary with the size and thickness of the piece.

Serve plain. It does not need butter.

BROILED SCROD, OR MACKEREL.

"Scrod" is a small codfish.

Have your fish split down the back, and nicely cleaned. Sprinkle the inside with salt, and set in a cool place till you use it. Then wash off the salt with cold water. Wipe dry.

Put it in a wire broiler; turn the skin side to the fire first; when well heated through, and the skin beginning to parch, turn it, and let the inside come to a delicate, even brown. Lift it from the fire, as it may require, to prevent scorching, and shift the position of the broiler to bring each part of the surface equally to the heat.

Have a hot dish ready to lay it on, cut up bits of butter over it, and sprinkle well with salt, and slightly with pepper. Serve at once.

MINCED FRESH FISH.

Fish that has been boiled the previous day, and left cold, makes a nice mince for breakfast.

Pick it carefully over, rejecting all the skin, bone,

and very dark, oily part. Break up the nice flakes with a fork. Take about an equal quantity of cold boiled potato, chopped, and mix the fish with it, chopping it as you do so. It should all be pretty fine, but not mashed ; lightly mixed, not pasty.

For a quart of the mince, put half a cup of broken butter in the frying-pan, sprinkle it with a teaspoonful of salt and a saltspoonful of pepper, set on the fire, and stir together till melted. Then put in the mince, and with a fork turn and mix it thoroughly with the butter. Keep it stirring till it is hot through, and then let it stand till it browns on the under side.

Turn it under side up on a dish for the table.

PICKLED FISH.

Salmon is best.

Take what is left, cold boiled, remove skin and bones, and lay in a whole piece upon a deep dish or in a bowl.

Boil enough vinegar to cover it, putting in half a teaspoonful of mace, the same of clove, a saltspoonful of white pepper, and the same of allspice, to a quart of vinegar. Mix the spices together, and wet them with a little vinegar in a cup before stirring to the whole.

Boil two or three minutes, keeping covered.

Lay a bit of muslin in your gravy-strainer, set it over a pitcher, and strain the pickle. Pour it hot over the salmon, cover up, and set away.

Prepared immediately after dinner, it will be fit to use at tea; but next day is still better.

FRIED HAM.

Cut slices over night to use for breakfast. Wash, and lay them in cold water to soak. In the morning turn off the cold water, put in a saucepan, pour on boiling water, cover, and set on the back of the stove, where it will keep at the scalding point, but not boil, while you make all your other breakfast preparations.

When everything else is almost ready to serve, turn off the water, wipe the slices dry, set on a clean frying-pan, and lay them in. Tend and turn with a knife and fork, till just a little evenly browned on both sides and cooked through. Over a good fire, it will only take a few minutes.

Baked potatoes are a good accompaniment. If you wish for fried eggs, see directions under that head.

BROILED HAM.

Prepare the slices in the same way, and broil in a wire broiler, not leaving it over the fire, but turning and tending as you would toast bread. Do not brown too much. Take off as soon as cooked through, while pink and tender in the middle.

FRIED SAUSAGES.

Prick them all over with a *darning-needle*, not a *fork*, and turn boiling water on them in a saucepan.

Let them come to a boil over the fire, then take them out and wipe them dry.

Have ready on the fire a clean frying-pan with enough hot lard or pork fat in it to just cover the bottom. Put the sausages directly in, before they grow cold. Turn and shake in the pan, while cooking, to brown them evenly and keep from bursting. When well browned, they are done. They will take about ten minutes, but must not be hurried.

ANOTHER WAY.

With very nice, large — especially *home made* — sausages, you may put them as they are, after pricking them well, into a clean, dry frying-pan, and set it over the fire, *closely covered*, where it will heat slowly. This keeps their own steam in around them, and helps to cook them equally, and make them tender. Lift the cover now and then to turn them.

BAKED SAUSAGE-CAKES.

Sausage-meat, made into small round cakes, is nice baked in the oven on a tin plate or pan. Keep in till browned.

Sausages in skins may also be cooked in this manner, first pricking them as before directed.

SECTION III.

RECIPES.

PART IV. — SOUPS.

GENERAL PRINCIPLES

Meat for soup should always be cut in small pieces, and bones sawed and broken up. To accomplish this, the little meat-block, hatchet, and saw, suggested in Section II., will come in requisition.

For fresh-meat soups, allow one pound of meat to a quart of water in the making.

For remnants of cooked meat, and bones, — cut the meat small, and chop the bones in pieces, as before; then pack meat and bones in your soup-kettle, and cover with twice the bulk of water: that is, if your kettle is one third full, fill it almost to the brim with water.

A small piece of ham, or a ham bone, or a part of the root of a boiled tongue — or, failing these, a small bit of nice salt pork, say two to three cubic inches — is a fine addition to strength and relish. If you make soup often, it is worth while to keep a ham on hand for the purpose. A piece, or pieces equal to the size of the bit of pork mentioned, is sufficient for an ordinary kettleful of soup.

Soup should be calculated for, and made the day previous to use; the broth set away and the cake of fat removed from it when cold, before the second

boiling. In this way, you may use your ends of roasts and other remnants without rejection of fatty parts, etc. The browned fat of a nice roast very much enriches the soup. All the grossness and refuse are got rid of in the careful straining and skimming, while the flavor remains.

Always put *cold* water to your soup-meat.

If the meat is fresh, let it stand just covered with water until the juice begins to draw and color it. Throw the pieces into water as you cut them up, that the juice may not waste, but begin at once to be extracted into the soup. Of course you take this measure of water, whatever it may be, into the account in filling up.

Always set your soup-kettle at the back of your stove or range, where it will warm very gradually; when it has grown hot, you may allow it to come slowly to a gentle, steady boil, at which you must keep it, hour after hour, whatever length of time is required; having it well covered all the while. Do not let it boil *furiously* at all.

When the meat is boiled juiceless, strain away.

For seasonings, you may vary almost infinitely, from the simplest broth with only pepper and salt, to the rich, yet delicate soup which may have a *little* of almost everything in it, provided nothing predominates. The best soups are those which have the least *lavish*, and yet most *manifold*, spicing.

I would not give exact measures in this specialty,

if I could ; for you must educate your palate to nice tasting, if you wish to excel in soup. There is no branch of cookery in which the artist — or the bungler — is more clearly revealed.

You want salt until it is "bright-tasting," but not saline ; you will find you can put in more, probably, than you expect, *unless when ham or salt pork has nearly or quite anticipated it.* Do not be afraid of it, but stop safely short of sea water.

Use pepper, — *a scatter* at a time, — till it is just on the brink of pungency, but never over ; you want a tone of warmth, but not a consciousness of pepper, separately. Those who like it can always add.

So with spices. Try a pinch, or a half pinch, at a time, of each you mean to use, unless you know your quantity, and can boldly measure a beginning. Remember continually, that each flavoring must *hide itself*, and *help all the rest.*

I will mention some of the all-sorts of things that may be used, in natural selection and artistic combination, in different soups.

Salt, pepper, clove, mace, allspice, cayenne, — the tiniest possible quantity.

Mustard, — either a pinch of the seeds, or a saltspoonful or two of the powdered and made mustard.

Aromatic seeds, — celery, caraway, etc. *Celery salt* — a pulverized preparation of the seeds — is a fine and convenient condiment, recently introduced, for flavoring, and table use.

Herbs : thyme, summer savory, sweet marjoram, bay leaves, mint.

Curry; orange peels, dried and pounded; lemon peel, or fresh sliced lemon.

Catchups and sauces may be used, as general flavoring or finish. They are convenient, as the first name betokens. But if you make a character to your soup with your own combination from among the above-mentioned condiments, they will rarely be needed.

Parmesan, or other old, rich, dry cheese, grated, is nice to serve with soup, to add at table.

For *brown* soups, in addition to salt and pepper, use the dark, rich spices, herbs, catchups, etc.

For *white* soups, use mace, seeds, *unsuspected* curry, cream, etc.

These are the distinctive uses: in dark soups, you are not restricted, but may combine from either list.

Rice, sago, pearl barley, fine hominy, farina, vermicelli, macaroni, are all nice additions to meat soups.

Of either of the first three, take half a teacupful to three quarts of soup. Wash and soak; boil rice half to three quarters of an hour in the soup before serving. Sago fifteen minutes. (This will *cook* the sago; but if you wish to have it boil away to a fine gelatinous *thickening*, put it into the soup, — after washing and soaking, at the beginning of the second boiling.)

Soak barley over night, or for some hours; boil by itself, in as little water as will answer, till tender; add altogether to the soup at last.

Vermicelli and macaroni should be broken small, and washed thoroughly; boiled in the soup half an hour.

Hominy, — the finest samp, — and farina, do not need soaking; only rinsing well in several waters, then to have a little of the hot soup stirred smoothly to them before they are added to the whole in the kettle; boil half an hour.

Half to three quarters of an hour is time enough for the final boiling of a soup, for adding spice seasonings, and the above articles. It must be kept closely covered, and boil very gently, or it will be wasted away.

THICKENING.

If you wish to thicken a soup, that is to have none of the vegetable additions, wet a little corn-starch or arrowroot — two round teaspoonfuls of the former, or two scant ones of the latter, to a quart of soup — smoothly with cold water, and stir in toward the end of the boiling, first dipping some of the boiling soup to the cold thickening, gradually, and mixing it evenly; if you use flour, it will take three round teaspoonfuls to a quart.

Arrowroot thickens with the least proportion to any liquid; corn-starch is between this and flour in thickening quality.

I give you here a safe quantity to begin with; if the soup is not then to your liking, prepare more thickening, and add as you judge needful.

I do not find, in my own experience, that *browned*

flour really thickens; so at least as to answer for a sole dependence, or where a perfect, smooth, *combining* thickening is needed. The starchy property has been taken from it in the browning, and it merely mixes mechanically with the liquid, settling to the bottom if left to stand.

I think it better to thicken soups and gravies with unscorched flour, and to color, when necessary, with a little carefully burned sugar afterward. This may be prepared by simply half-filling a large, iron, long-handled spoon with sugar, and resting the bowl of it on the hot stove until the sugar melts, boils, and darkens, keeping a fork or skewer, or the like, at hand to stir it down from the edges into the centre, which will boil and burn first. When it is evenly done, plunge the spoon, with its contents, into the gravy to be thickened, and stir in.

For a large quantity of soup, put some sugar on the fire in a little tin or iron vessel not otherwise valuable, and melt and stir in the same way.

A tablespoonful of sugar will melt down into coloring sufficient for a quart of soup.

For some dishes, baked fish, for instance, as will be seen hereafter, with the gravy from the pan, a little browned flour answers very well in the finishing.

TO BROWN FLOUR.

Put it, sifted, into a pan, set it on the stove, and stir it constantly, scraping it up carefully from the bottom whenever it begins in the least to stick.

Turn, scatter, and mix it, as it darkens, to get it perfectly even. It must not be *burned*. When of a nice brown color, well darkened, but not black, it is done.

You can make it in quantity beforehand, and keep it in a small tin canister for use when wanted.

For *brown, thin soup*, that will not be colored by spices in the seasoning, — begin by *frying* out a few slices of salt pork in your kettle; then frying two or three sliced onions in the fat; then browning nicely some slices or bits of the meat to be used; then proceed with your juice-drawn meat and cold water, as before, adding the crisped pork, and browned meat and onions, with the first boiling. See "Amber Soup."

The simplest elementary soup is —

BEEF TEA.

Trim all fat, gristle, and membrane from your meat.

Cut it in very small bits, a quarter-inch cube, if you have time. Do this with a sharp knife, upon a board, or keep a strong, sharp pair of scissors for it.

Put the pieces in a bowl or jar, which you can cover closely.

Put enough cold water in to just come up in sight between the bits.

Let it stand cold, till the water begins to grow red and the meat pale. Then set it in a warm place, at the back corner of the stove, or on a funnel-drum, or over a closed kettle of boiling water, and keep it

there until the juice of the beef is all drawn out. You can then let it heat more positively for a minute or two, just to take the rawness from the flavor, but not to separate, or coagulate, the juice.

Put a little salt in it, as may be liked.

This way is expeditious, makes a larger quantity from the same meat, and is of equal quality to that prepared in a stopped jar, without the cold water, or with scarcely any, and placed in a kettle of cold water which is brought to a boil around it, and kept boiling for hours.

The thing of great importance is, to let the meat stand in the water, *cold*, as long as your time will allow. The *drawing* of the juices in this way is the secret of fine meat tea, or soup making. From this, therefore, I pass to —

DRAWN SOUP.

In my general directions, I have given the principles of a general method, applicable to the making of all kinds of soups, from all kinds of soup material. The very *best* soup, or foundation for a soup, however, is that made from rich, juicy meat, beef especially, in the way of a magnified beef tea, for which I will here give the process.

Take four pounds of the round of nice beef, cut by the butcher in slices, through the bone; trim away all the fat and gristle, scrupulously.

Cut the clear lean of the beef into narrow strips, and then into *dice bits*, with a small, sharp knife.

Put the pieces, as you cut them, into a bowl or kettle with four quarts of fresh, cold water. When all done, cover, and let stand four hours, cold, to draw.

An hour and a quarter before serving, put the kettle on a quick fire. Put in with the soup the pieces of the bone. Let it come to a steady boil.

In three quarters of an hour, season with three teaspoonfuls of salt, three light sprinkles of pepper, a saltspoonful of mace or grated nutmeg, a pinch of allspice, an onion sliced in slivers, and half a lemon in slices.

Boil ten or fifteen minutes longer, and strain into the tureen.

The quantity of soup should have boiled down from four quarts to three.

This is precisely the best and surest form of soup that I know anything about.

MUTTON BROTH.

A pound of meat for a quart of water.

Trim off the fat and gristle.

Cut up as small as you conveniently can ; breaking up the bones.

Pack meat and bones in your soup-kettle, cover with cold water, and let it stand till the juice begins to draw. Fill up then with the required measure of cold water, and set on the fire to warm gradually.

When it comes to a steady simmering boil, keep it so. Allow three hours. If to be eaten same day, skim carefully. Keep covered.

Have some rice ready, washed and soaked. Use a teacupful for six quarts of soup. For the same quantity, two fair-sized onions, cut in thin, transverse slices.

When within three quarters of an hour of serving, put rice and onions in. When they have boiled twenty minutes or so, begin to salt and pepper, cautiously, and *taste* your broth to its finish.

The *merest dust* of curry powder may be added to the pepper, which it assists, remember, in its hot quality, and will give an aromatic flavor.

Or a teaspoonful of celery seed, or celery salt, may be used instead.

Or you may throw in a few sprigs or chopped leaves of fresh mint.

A broth must be kept simple and delicate, but not insipid.

Keep well stirred, after the rice is in.

CHICKEN BROTH.

Cut up your chicken, which must be perfectly cleaned; separate all joints; carve meat from bones; and break up the body bones. Remove all excessive fat.

Pack meat and bones in a nice kettle; just cover the meat with cold water, and let stand till the juice begins to draw. Fill up with cold water till the meat makes one third of the depth in the kettle.

Cover closely, and set where it will heat gradually. Bring to a slow boil, and continue very slowly

for an hour and a half, skimming off *superfluous* fat. A moderate quantity is needed and will be taken up with the rice. Prepare meanwhile a heaping tablespoonful of rice for every quart of soup; wash and soak it.

At the time mentioned, take the broth from the fire, strain it through a colander, or vegetable sifter, return the broth to the kettle, put in the rice, and set on the fire.

As quickly as possible, pick out all the nice pieces of meat from among the bones, cut them up small, but not fine, carefully rejecting all gristle and uneatable parts, and return to the soup.

When it has boiled — always gently, and closely covered — for half an hour longer, salt sufficiently, and pepper delicately. You may add a pinch of powdered mace. Just before dishing for table, stir in a little nice cream, a dessert-spoonful to a quart.

BEEF SOUP.

Prepare your stock the day before, according to general directions. When the meat has been gently boiling two hours, add to it — for, say, a two-gallon kettle originally nearly full of meat and liquor — one large, or two small carrots, cut in slices. — One turnip, cut small. — One coffee-cup full of chopped white cabbage. — Six fresh tomatoes, sliced, or a small can of sealed ones. — Three common sized onions, sliced.

Cover tight and boil, always gently, as slowly as

possible without stopping, two hours more, or until the meat is juiceless, and the vegetables well boiled up. Then strain and set away.

The next day, skim the fat off, pour the soup through a fine strainer into the kettle an hour before dinner. Cover it close, and let it come to a boil. Season with salt, unless ham or other salt meat has been used in the first boiling, so as to render it unnecessary; pepper, mace, clove, added cautiously; a pinch of curry; a teaspoonful of celery salt; at the very last a lemon sliced thin, and put in in time for only one boil-up. Have three or four eggs boiled hard, and cut in bits in the tureen into which you pour the soup for table. Stir, and serve.

AMBER SOUP.

Ten or twelve pounds of shin beef, cut up small and the bones broken in pieces. Cover with cold water, and let stand. Reserve enough to cut up in small bits that will make two good handfuls.

Put three or four thin slices of nice salt pork into a pan, and fry them out crisp. Take out the pork and put three or four sliced onions into the fat, and brown them carefully.

Take out the onions and put in the reserved bits of beef, and cook them until very brown and crisp, but not burned. Keep the fat hot, but not in danger of scorching, at any stage of the process. To this end, do not keep it over the hottest part of the fire after it is once tried out.

Put pork, onions, and browned meat into a large kettle with the rest of the meat and bones. Add, as in beef soup, a couple of sliced carrots, a turnip cut small, a cupful of chopped cabbage, half a dozen stalks of fresh celery cut small, a few bay leaves. Pack down, fill up with water, a quart to a pound of meat, or by measure in the kettle as by previous directions. Cover, and set where it will heat gradually.

Boil *very* slowly a long time, certainly five or six hours, keeping the steam in. It should not boil away more than one half. Strain, and set away.

Next day, skim. Pour through a fine strainer into soup-kettle, and put on the fire an hour before dinner. Stir in the whites and broken shells of two or three eggs, to clear it. As the scum boils up, take it off.

Season with pepper and salt, a little mace, and a glass of brown sherry or brandy.[1] The broken rind of an orange, or a tablespoonful of dried and pounded peel, and a few slices of lemon may be put in, in this last boiling.

Strain into your tureen just in time to serve.

WHITE SOUP.

Veal, or chicken, is the usual and most suitable meat for white soup; but you may make it partly or

[1] You may substitute a tablespoonful or more of Worcestershire sauce, — or two tablespoonfuls of spiced vinegar, such as is used for pickling, mixed with one of vinegar syrup from "sweet pickle."

wholly of other meat, if the broth be clear and perfectly strained. A small piece of lean ham is always a good addition.

Prepare stock as in general directions; cutting up an onion, and putting in half a teaspoonful of celery seed or a seasoning of celery salt, with a six-quart boil of material, solid and liquid; boiling five or six hours for veal or heavy meat, two or three only for chicken, very slowly; straining carefully, and taking every bit of fat off from the cold jelly next day.

Put on again three quarters of an hour before dinner on the day of serving.

Season with salt, — always according to other salting material, — pepper, and mace; making it of a very delicate flavor.

For three quarts of liquor, take a round tablespoonful of solid, or half a teacupful of broken butter; cream it perfectly; beat into it a heaping tablespoonful of flour, or two heaping teaspoonfuls of corn-starch; put a coffee-cup full of cream into a nice little saucepan over the fire, and when it comes to a boil pour it gradually to your butter and flour, stirring well; then pour all into the boiling soup. Do this five minutes before serving; it should just boil up thoroughly, once, after adding the cream.

The yolks of three eggs beaten very light, and stirred into the butter, flour, and cream, before adding these to the soup, make it richer and more delicious.

PEA SOUP.

Soak a quart of split peas in cold water over night.

Turn off the water early in the morning, put to them six quarts of fresh cold water, and set them on the fire.

Cut a square off a strip of nice salt pork, say five inches, scrape and wash it, and put into the pot.

Let all come to a gentle boil, and keep boiling, closely covered, all the forenoon.

Stir down occasionally, scraping the boiled peas from the sides of the pot into the soup.

If slowly and steadily boiled, and the peas good, it will seldom need straining; if, however, within one hour of serving, it is not becoming smooth and fine, strain it through a colander or wire sieve, mashing the peas through, and scraping them well from the under side. Return to the kettle, and boil till dinner time.

Season with pepper, judiciously; with a teaspoonful of celery seed, or celery salt, to taste.

TURTLE-BEAN SOUP.

Soak a quart of beans twenty-four hours.

Proceed as with pea soup.

Season in like manner; or, if you wish a mock-turtle flavoring, use mixed condiments, finishing with hard-boiled eggs and sliced lemon; following recipe for rich beef soup.

Or, you may prepare a clear beef-soup liquor, adding a square of salt pork in the first boiling; then, having soaked your beans as above, boil them in the meat broth the second day, and season like beef or amber soup.

VEGETABLE SOUPS.

Generally are but soup-stock, brown or white, boiled over with the addition of a single vegetable, in quantity, or a mixed variety, in small proportion of each.

RULES.

Add to three quarts, an average quantity, of boiling soup liquor: —

For *green pea soup:* Shelled peas, three scant pints. Boil three quarters of an hour, with half a dozen sprigs of fresh mint. Strain; rubbing all the substance of the peas well through. Return to the kettle and the fire. Cream two tablespoonfuls of butter. Put, gradually, a few spoonfuls of the soup to it, mixing it smooth; then stir all into the soup. Season, slightly, with pepper; salt, if needed.

For *tomato soup:* One quart tomato sauce, made as in recipe for "Macaroni and Tomato." Season with pepper and salt; or add condiments, as in beef soups, to the stock liquor *first*, boiling enough to season before adding the tomato. Boil up once after this is put in.

For *asparagus soup:* Three bunches of asparagus, the tender part only, cut small. Boil half an hour; strain or not, as you prefer. If strained, *mash* the

asparagus through the colander. Season with salt and pepper. Cream two tablespoonfuls of butter, stirring in a heaping teaspoonful of corn-starch, and add to the soup as in pea soup.

For *sweet corn soup:* White soup stock. One quart fresh-boiled corn, taken nicely from the cob, by scoring the rows with a sharp knife, and scraping out all the pulp of the corn. Season with pepper and salt. Finish with creamed butter, and corn-starch thickening as in preceding recipe, adding a cup of cream before you take it from the fire.

Succotash soup: May be made as above, with equal parts of fresh-boiled corn, scraped from the cob, and any nice garden beans boiled tender, and added with the corn to the soup stock. Same seasoning, thickening, etc. — In winter, either soup, of corn or beans, or both together, may be made in same way with the *canned* vegetables.

MIXED VEGETABLE SOUP.

For three quarts soup liquor, prepare: One middling-sized carrot, one turnip, one parsnip; these washed, scraped, and chopped small. — One pint of chopped white cabbage. — One of celery. — Two sliced onions. — One quart of stewed or canned tomatoes.

Boil the carrot, turnip, and parsnip together, in just water enough to keep them well covered for about an hour, or until quite tender and soft. Set them on, cold, an hour and a half before dinner.

Put on the soup-kettle, with the liquor, the chopped cabbage, celery, and onions, an hour before dinner. In half an hour, put in the tomato, made into smooth sauce, as for tomato soup.

When the carrot, etc., is ready, add it also, with the water used in boiling, which should not now be more than a mixing for the fine, softened vegetable.

Add salt and pepper, as may be required, to the seasoning already supplied by the prepared tomato sauce.

You can vary your vegetables in such a soup, according to your own taste and convenience. I merely give you an example recipe.

POTATO PURÉE.

Prepare and boil a dish of good potatoes, as for serving plain.

Chop an onion very fine, and boil in a small saucepan, with a saltspoonful of pepper and a saltspoonful of mace, or more of grated nutmeg.

Mash the potatoes, and rub them through a vegetable-sifter.

Stir in the boiled and seasoned onion, water and all.

Add a teaspoonful of salt, and the same of celery salt.

Now pour boiling water to it, stirring all the time, till you make it of the consistence of a thick gruel, — almost a porridge.

Cream half a cup of butter; stir and beat with it

the yolk of an egg; then add gradually and smoothly a cup of cream.

Set the purée on the fire, and stir in carefully the butter, egg, and cream.

Stir till it boils up well; then serve.

DUMPLINGS, FOR SOUP OR STEW.

Made by recipe for "Cream-tartar Biscuit," cut out in very small cakes, rather thick, so as to puff up into ball-shape in the cooking.

Roll them lightly with your hands over a floured board, that the outsides may be slightly coated; lay a folded cloth in the steamer, place the balls upon it, and cover them with another. Set the steamer over the boiling soup, keep it closely covered, and let it be *absolutely undisturbed* for the last half hour of the boiling of the soup. In order to this, the seasoning of the soup must have been completed, except any addition to be made at the actual taking up, before putting on the dumplings.

Of course, the boiling must not check for an instant after the steaming begins. Everything depends on this steady, complete steaming, without the least exposure to the air.

SIMPLE STEWS

A stew differs from a soup, in that there is not a previous making and straining. The meat is left in, and the vegetables cooked with it, and there is only enough gravy made in the stewing to cover it al generously when done.

Cookery books ordinarily tell us to "cover with water, and add as it boils away," but I prefer to put *twice* as much water as will cover, and then let it boil away slowly, leaving the solid ingredient covered in the end. For an

IRISH STEW.

Cut up beef or mutton, first nicely trimmed of all fat, gristle, and sinew, in small pieces; bits no larger than an English walnut. Cover, twice deep, with cold water, and set at once upon the fire.

When it boils, put it where it will only gently and *steadily* simmer. Keep it so, until the meat begins to be tender. An hour will do.

Slice some onion, say one onion to every two pounds of meat. Put this in; sprinkle in, gradually, a seasoning of pepper and salt, and if you like, a little mace; tasting your broth as you do so until right. Cover close, and stew another hour.

Meanwhile prepare your potatoes, — as many as will cut up in similar sized bits to an equal quantity with the meat, — by paring and boiling them separately, then cutting them as just mentioned.

Put these in at the end of the second hour, stir all together, cover, and let boil up.

For a stew of about three quarts altogether, take a heaping teaspoonful of flour, and mix it to a smooth thickening (see "Thickening") with cream. Stir this in evenly, and boil up. Use, or add if not used, half a cup of cream in all. It will now be ready to dish.

Beef, mutton, veal, or lamb stew, may be made in the same way, with any nice vegetables added, as in simple or mixed vegetable soups, — which see.

The hard vegetables, as carrots, turnips, etc., should be put to boil with the meat, from the first; onions, cabbage, and potatoes, later; tender and juicy ones, as tomatoes and canned vegetables, may be cooked in their own liquor, separately, and added to the stew toward the last.

WHITE VEAL STEW,

With butter and cream thickening, — as below, — and nicely boiled *cauliflower* cut up and added to it just at last, is very delicate. Season only with pepper, salt, and mace.

BUTTER AND CREAM THICKENING, FOR STEW OR FRICASSEE.

Half a cup of solid butter, beaten to a cream. — Two heaping teaspoonfuls of flour,[1] beaten in, with any spice intended for seasoning. — One cup of cream, scalded in a nice small saucepan.

Stir the hot cream gradually to the creamed butter and flour.

To be added to the gravy, in completion, and boiled up.

This is the basis of all white soups and sauces.

[1] Of course, the quantity of flour must vary somewhat with the quantity and quality of gravy to be thickened. This is an average measure. See "White" and "Oyster" soup, and compare.

FRICASSEES

Are made by similar process to the last two stews, except that no vegetables are used.

A *white fricassee* is a stew, without vegetables, with a butter and cream thickening; seasoning, salt, pepper, and mace.

A *brown fricassee* is a stew, without vegetables, finished with a fry, in pork fat or butter. A gravy being made of the broth and fat together, thickened with browned flour, and poured over the meat.

Either veal or chicken may be made into fricassee. For instance:—

BROWN FRICASSEE OF CHICKEN.

Cut up a good sized, nicely cleaned chicken, separating all the joints, and taking the meat from the breast-bone in a few pieces. Also, carefully cut and draw off as much of the skin as you readily can from each piece.

Pack into a nice stew-pan; cover well with *warm* water. Very cold water would draw the juice too much; boiling water would toughen the meat. Cover, and set on the fire; let it come to a *gentle* boil, or steady simmer, and continue so for twenty minutes.

Meanwhile, fry out two or three thin slices of salt pork in a pan until crisp; also, while attending this, mix a cupful of cream gradually to three teaspoonfuls of flour, for thickening. This will serve for a quart, cream and all.

Take your pieces of pork from the frying-pan.

Take your pieces of chicken from the boiling water; remove all remainder of skin, and whatever bones are easily separated; wipe the pieces dry, one by one, roll them in flour, so as just to dust them over, and lay them into the pork fat; turn and fry till of a delicate light brown. As they are done lay them in a hot dish, cover, and keep hot over a kettle. Keep the water the chicken was boiled in hot also.

Put the chicken-tea into the pork fat. Stir together, and let boil.

Turn your thickened cream gradually to the boiling gravy; stir perfectly smooth. Sprinkle in seasoning of pepper and mace; salt, if needed. Taste and make right.

If not dark brown as you wish, burn a teaspoonful of sugar, as directed in coloring for soups, and stir in. Put the pieces of chicken into the gravy; boil up. Dish and serve with gravy poured over the meat.

VEAL FRICASSEE.

In the same way, using a quantity of veal equal to a good sized chicken.

Allow a longer time, however, for the veal to parboil tender. Let it be *perfectly* so before you take it from the water. Give it half an hour or more, as if done sooner it can stand. Always stew slowly.

Fresh pork fricassee may be made in the same

way, using a little fine sage, instead of mace, in the seasoning. Parboil as long, or longer, than veal.

WHITE FRICASSEE OF VEAL OR CHICKEN.

Stew the meat in the same way as previously directed, using a little more water than will well cover, as you will have no additional gravy.

Prepare "Cream and Butter Thickening," with seasoning, as by foregoing recipe. A teaspoonful of salt, a pinch of pepper, and a saltspoonful of mace, are a fair guess for a beginning. You can always add before dishing.

When the meat is quite cooked and tender, take out as before, and thicken the broth. Put back the meat, and boil up.

OYSTER SOUP.

Make ready: One quart of solid oysters, freed from sand or shell. To be sure of this, take them up, one by one, with a fork, and strip them with the finger and thumb. Strain whatever liquor comes from the oysters, and add to it water, well salted, to taste like oyster liquor, enough to make two quarts. This may be boiling water, and you may set it at once upon the fire. — Half a cup of solid butter, creamed. — One very heaping tablespoonful of flour, beaten with the creamed butter. — Two scant saltspoonfuls of pepper, and two full ones of mace, stirred with the butter and flour. — One cup of cream, or the best milk you can get.

Thicken the boiling water, smoothly, with the butter and flour. Add seasoning, if needed.

Boil up again, and put in the oysters. Boil till their edges are well curled.

Add the cream, and boil up.

Serve.

FISH CHOWDER.

Make ready: Four or five pounds of any hard, white fish; haddock, bass, cod, sword-fish; cut in small slices, and freed from bone and skin. — Three or four slices of salt pork fried out, crisp, in the chowder kettle. — Two onions sliced and fried brown in the fat. — Two or three more onions, sliced, raw. — Eight common sized potatoes, boiled and sliced. — A dozen soft, or butter crackers, split.

Take the fried onions out of the fat. Leave only fat enough to just cover, say *wet*, the bottom of the kettle.

Put in a layer of fish; a layer of sliced potatoes; sprinkle some of the onion, both fried and raw, upon the potatoes; a "scatter" of pepper; a *careful* pinch of salt, as the pork will help to salt it; another layer of fish, potatoes, onions; the pepper and salt again; go on until the materials are half used, taking care to proportion the layers so that all may hold out together.

When half is used, scatter in a few small-cut bits or strips of the crisped pork, and cover with a layer of half crackers, inside down. Do the same when

the remainder of the chowder is layered in, putting the split crackers over all.

You may butter the crackers, or not, as you prefer.

You may butter and *crisp* them, previously, as directed for "crisped crackers." These variations are points of taste.

Cover once and a half deep with cold water, and set on where it will come to a boil. Boil gently and steadily one hour, keeping it where it will not burn.

Pour in a cup of cream, and stir carefully, just before it is done.

Having used salt very cautiously, taste and see if more is needed.

Be careful also with pepper, and add that, if required.

When you have not *cream*, it will certainly be well to butter the crackers. Use the best of the milk, at any rate.

CLAM CHOWDER.

Same way: using clams instead of fish. Save all the clam liquor to help fill up with water in the kettle. Also, cut off the "*leather straps*," when you trim the clams, and put them, not in the chowder, but in a saucepan, with just enough water to boil them, by themselves. Add the broth thus gained to the chowder before taking up. Heads, of course, have been thrown away.

To *open* clams, wash them clean, put them in a large pan or pot, with enough boiling water just to prevent from boiling dry and burning. A couple of quarts are enough for a bucket of clams.

Cover them closely, that the steam may be kept in. As soon as they are well opened, take them off.

Fifteen minutes will *cook* them, for serving as plain boiled clams.

Dish up, and help as they are, in the shells.

Season with pepper, as you eat them, with lemon juice or vinegar.

STEWED CLAMS, OR CLAM SOUP.

Prepare the clams as for clam chowder. Liquor and "leather straps" to be made use of in same way.

Proceed precisely as with oyster soup.

MACARONI AND TOMATO.

I close the present division with this dish, as a very nice one to serve in place of soup. It is also a very satisfactory lunch dish, by itself. Break up, not small, enough macaroni to one third fill, dry, your soup-tureen. Rinse, and soak in cold water one hour.

Make ready one quart of fresh tomatoes scalded, skinned, and cut up; or one can of sealed tomatoes. Boil in a covered saucepan ten minutes.

Have a large kettle of boiling water for your macaroni. All starchy things, as macaroni, rice, potatoes, should be boiled in much water. Throw in

two tablespoonfuls of salt to three or four quarts of water.

Put the macaroni in, to boil twenty minutes, or until tender.

Cream a half cupful of solid butter, and beat into it two heaping teaspoonfuls of flour.

Strain the boiled tomato, pressing all but skin and seeds through the strainer. Return to the pan and boil again.

Stir in the butter thickening to the tomato; boil smooth; season with salt and pepper.

Take the boiled macaroni out into a colander. When drained, put into the tureen.

Serve the tomato sauce in a smaller tureen or gravy-boat.

Help the macaroni in soup-plates, and pour over each plateful enough of the sauce to dress it.

Grated Parmesan cheese may also be offered with it.

SECTION III.

RECIPES.

PART V. FISH.

TO BOIL.

Codfish, halibut, or any large, solid white fish, may be laid in cold salted water from half an hour to an hour before cooking.

Salmon, blue-fish, bass, salmon-trout, need not be so treated.

The rule for time in boiling fish is a quarter of an hour to a pound. Codfish boils a little more quickly than this; four to six pounds will cook in three quarters of an hour.

Fish should be perfectly cleaned and scaled. Get your fisherman to do this as well as he will, and then wash the inside and scrape the skin with a knife-edge, to make quite sure.

Wipe dry with a clean towel before putting on to cook.

Dredge with flour, wrap in a clean cloth, and sew or tie firmly.

Put into the kettle with cold water enough to abundantly cover it, and throw in a tablespoonful of salt.

Let it come to a boil, and then boil uninterruptedly till done.

Give it the allowance of time, and then try with a sharp-pointed knitting-needle. If it runs into the fish easily, you may take it off.

Open the cloth on a sieve or strainer, and roll the fish carefully out. Let it drain a minute or two, and then turn upon a folded napkin, and lay altogether upon the dish for the table.

BUTTER SAUCE FOR BOILED FISH.

One cupful of butter, beaten to a cream. — One round tablespoonful of flour, beaten in, with two full saltspoonfuls of salt.

Make these ready while the fish is boiling. Also,

boil two eggs ten minutes, drop them in cold water, shell them, and chop them small but not fine, and put into the sauce-tureen.

Just before you dish the fish, turn a cupful of boiling water upon the creamed butter and flour, and stir over the fire until it thickens smoothly, just coming to the boiling point.

Let it stand where it will keep hot, but not boil, or turn oily, while the fish is dished. Then pour your sauce upon the chopped egg in the tureen, stir together, and send in.

BAKED FISH.

I. A ROAST-BAKE WITH STUFFING.

Bass, blue-fish, shad, etc., may be cooked in this way.

Prepare by cleaning, washing in salted water, wiping, as for boiled fish.

Make a stuffing, by directions for roast-meat dressing, fill the body of the fish, and sew up. Lay in a baking-pan, with butter, hot water, and salt, in the proportion of a dessert-spoonful of butter and a saltspoonful of salt, to a cup of boiling water. Cover the pan to the depth of half an inch.

Baste with this gravy often and well; as often, say, as once in ten minutes. Often enough not to let the skin of the fish blister or burn. Keep up your supply of basting-gravy if it boils away, by adding boiling water and butter and salt, in like proportions as at first.

Cook forty minutes, then dredge with flour, and let the flour brown on. When browned, baste carefully with the gravy, and dredge again. Brown again, and baste again lightly. This will probably consume the hour prescribed for cooking. Try the fish with a knitting-needle; if tender through, it is done. The appearance, however, will very nearly assure you even if inexperienced. It is not like boiling fish, which is wrapped away out of your sight.

Baked fish, when finished, should have a handsome brown crust.

Before it is ready, cream a tablespoonful of butter, with a teaspoonful of browned flour, a pinch of pepper, and a pinch of salt.

Take the fish up carefully with a spade or fish-slice, — one in each hand if needed, — and slide it nicely on the dish for serving. Cover and keep hot while you —

Turn a little hot water to your prepared butter; set the baking-pan over the fire, with what remains of the basting-gravy in it. Scrape up the browned flour and scraps from the bottom, boil up, add your thickened butter, stir in well, and boil up once again. Strain the gravy over the fish.

Another way. — Treat in each respect as above, only use sufficient water and butter merely to keep the fish smooth-basted, and from burning. Allow nothing for gravy.

When the fish is dished and covered, melt a small

cup of broken butter in a little saucepan, stirring all the time. As soon as melted, turn into a sauce-boat, and stir in a saltspoonful of salt and one of pepper. Help this as a gravy with the fish.

II. BOIL-BAKE WITH SAUCE-GRAVY.

Treat in this manner halibut, cusk, sword-fish; or bass, blue-fish, shad, etc., *without* stuffing.

Prepare by washing and wiping as in previous directions.

Halibut, cusk, sword-fish, or any large, solid white fish, may be laid in cold salted water beforehand, an hour or more.

Bake and baste, as in the roasting recipe; but with water, salt, and butter only, omitting the dredging with flour. Baste very often, keeping the fish moist and tender, skin and all. It must be smooth and *unparched*, to the end.

Keep up your supply of basting-gravy, in same proportions of material.

Make ready, while the fish is cooking, a tablespoonful of butter, creamed, with a tablespoonful of browned flour beaten in, a pinch of salt, and a pinch of pepper. Have ready the strained juice of a lemon, and a teaspoonful of Worcestershire sauce.

Take up the fish as before directed; cover, and keep hot.

Set the baking-pan on the fire, turn a little boiling water to your butter and flour, and stir in as the gravy boils up. Add the lemon-juice and sauce; boil up, and pour into a sauce-tureen.

Baked salmon: In same way, except that *unbrowned* flour, or arrowroot, wet smoothly with cold water and stirred directly into the boiling gravy, is used instead of the browned flour and butter. Lemon-juice, and Worcestershire sauce, as before.

Wine is added to the sauce, by those who desire and approve; but it is very good without.

III.—A BOIL-BAKE, WITH CREAM DRESSING.

For trout, pickerel, lake whitefish, etc.

Bake and baste, as previously directed, having just sufficient water and butter to keep the skin of the fish smooth, moist, unscorched. Provide no surplus for gravy; but make, instead, the cream dressing by the following recipe, and pour it over the fish, which should be laid in a long, deep dish.

CREAM BUTTER SAUCE; FOR FISH AND OTHER DISHES.

Make ready: Half a cup of solid butter, beaten to a cream, in a small bowl. — A teaspoonful of arrowroot, or corn-starch, or a heaping one of fine sifted flour, beaten in. — Two saltspoonfuls of salt. — One saltspoonful of powdered mace. — A cupful of boiling water. — A cupful of cream, made hot in a porcelain-lined saucepan.

Stir the salt and mace with the butter and flour.

Turn the cupful of boiling water to it, stirring smoothly.

Pour all to the hot cream in the saucepan, stir

well, and set on the fire, continuing to stir till thickened.

A less measure of cream will do, especially if you do not need so large a quantity of sauce. A third of a cupful is very good; even a tablespoonful will make a tolerable dressing. The only other variation, in such case, would be in the measure of flour, which must be lessened in proportion.

You will notice that this is the same preparation as the "Butter and Cream Thickening," given for stews or fricassees; except that boiling water is added in this case, where there is no other gravy than the simple cream sauce itself. It is, as I said before, the basis for many delicate dishes and dressings.

BOILED COD, CUSK, OR OTHER WHITE FISH

May be dished with the bones and skin carefully removed, and the above cream sauce poured over it.

COD AND OYSTERS.

Prepare, at the same time, a boiled cod, and an oyster soup, as by respective recipes already given.

Dish the cod with the bones and skin removed. Serve the soup at the same time.

Accompany them with a dish of mashed potatoes, done with butter and cream, or milk. See directions, under "Vegetables."

Help in soup-plates, — fish, oysters, and potato, at once. Mingle them, like a chowder, upon your plate, as you eat them. *An excellent dinner.*

BROILED FISH.

Shad, mackerel, small cod, small salmon, and blue-fish, are suitable for broiling.

The directions are the same for all, and have been already given in the list of simple breakfast dishes.

To be well cleaned, split down the back, sprinkled with salt over night, or for a time; washed in cold water, wiped dry, put in a wire broiler and set over a clear fire, *skin-side down;* when beginning to cook through, turn, and finish on the flesh side to an even, golden brown.

Bits of butter, pepper, and salt to be scattered over it, hot.

A teacup of broken butter, *just melted,* with a heaping saltspoonful of salt, and the same, round, of pepper stirred in, to be served as gravy, in a small sauce-boat.

FISH STEAKS.

Halibut, salmon, sword-fish, may be bought in slices, for broiling. Turn often while cooking, that neither side may be held long enough over the fire to scorch it. Both sides must be brought to the same even golden brown prescribed for the inner side of broiled shad, etc.

Serve with the clear melted butter, peppered and salted, given in preceding recipe.

FRIED FISH.

LARGE FISH, SLICED.

Cod, haddock, halibut, salmon, in fact, any fish may be fried.

Salt, wash, wipe, etc., beforehand, in the same way, according to the kind of fish, as directed at the beginning of the present division.

Remove skin and bones, whenever it is possible, without breaking the pieces entirely up. Slices of cod and haddock require the bones to hold them in shape; but the skin can be carefully taken off. Halibut and salmon, on the contrary, require the edge-strip of skin, but can have the bone cut out. If, however, you divide the large sections of these latter fish, as furnished by the dealer, into small pieces for helping at table, you may free from skin and bone altogether. The *whole* slices can only be fried in a very large pan; but done in that way, make a handsome dish.

Make ready: Four or five slices of salt pork fried out crisp in the broad, deep pan for cake frying. When you have obtained all the fat from these, put into the pan enough lard to fill up to a depth equal to a little more than the thickness of the slices to be fried.

Or: Melt butter and lard together, in such proportion as you choose or can afford of butter, to a similar depth in the pan. Put in salt enough to season.

Or, again: Take all lard, in similar quantity; or all butter, in only sufficient amount to make a quarter of an inch deep, melted, in the kettle. Add enough, when necessary, as you go on cooking, to keep it so. Salt, as before.

As always in frying, keep the fat boiling hot, but never let it scorch.

When your pieces of fish are wiped dry, either dredge them with flour, or roll them in fine Indian meal, or dip them in beaten egg, and then in pounded cracker crumbs, as you prefer.

Lay as many pieces in the hot fat as the pan will accommodate, and fry exactly as you do cakes; turning them when done on one side to brown on the other.

SMALL FISH, WHOLE.

Perch, smelt, trout, etc.: Clean the inside and scrape the skin. Lay in cold salted water for an hour or so. Wipe dry, and dip in egg and crumb, or Indian meal, — or dredge with flour, as sliced fish. *Trout* should be simply rolled in flour.

Fry *trout* in butter: either of the other fish in pork fat, or lard and butter, as just now detailed.

Turn, and brown equally. Dip out with a skimmer, and lay on a cloth for the fat to drain and be absorbed from them. Keep hot, and serve quickly.

SECTION III.

RECIPES.

PART VI. — MEATS.

BOILED MEATS.

In boiling meat, simply for the *meat's* sake, or the use of it, you follow an opposite rule, in the beginning, from that in regard to boiling meat for soup. You put it into *boiling*, instead of cold, water.

Cold water draws the juice of meat, which is precisely what you want in broth and soup. Boiling water contracts and coagulates the surface, and keeps in the juice; which again is precisely what you want.

Certain preparations of meats, however, which are, in character, between a soup and a boiled dish, as will appear in detail, are covered at first with cold water, and then brought to a *quick* boil. This method steers between the two results, and secures at once a good gravy and an eatable, nourishing piece of meat.

Corned and salted meats are put on to boil in cold water.

BEEF BOUILLI.

This is one of the dishes just now referred to, which come between a soup and a simple boiled meat. It is, in fact, merely a *whole stew*.

[You perceive already how one order of cookery runs into the next, and prepares the way for it.]

Take a nice round of fresh meat. Trim off almost all the fat, — all the gristle and hard, outside, scrappy bits, — and take out the bone.

Wash it, and lay it in a deep stew-pan, or soup-pot; cover it once and a half with cold water, and set it on the fire where it will come *quickly* to a boil.

Take off the scum carefully, as it rises.

Cut up in small bits and slices two carrots, two small turnips or one large one, two onions, and a large head, or two small ones, of celery.

If you have no celery, you can do without it by adding celery seed or celery salt to the spicing.

When the scum is well removed, put in these vegetables and set the pot where it will only boil, or simmer very gently, yet steadily, like soup. Scatter in a dozen whole cloves. Keep closely covered.

Allow four hours; cook it till quite tender.

One hour before it is done, put in a teaspoonful of made mustard, a large spoonful of any fine catch-up or sauce, and a gill or more of wine if you choose. Still keep closely covered.

When the beef is done, take it up carefully on a deep dish, *hot*, and set it near the fire until you finish your gravy. Do this by stirring in a little smooth flour thickening. Prepare two teaspoonfuls of flour to a quart, mixed with a little cold water, and added gradually, till you are sure you want it all. The vegetables will already have partly thickened the soup.

Boil up, and turn over the meat.

Scatter some bits of nice mixed pickles — cauliflower, sliced gherkin, with bits of some red pickle for the color — over the meat, before it goes to table.

ALAMODE BEEF.

Take a thick piece of juicy round, and remove the bone. Trim and wash as in previous directions.

Wipe dry, and rub all over with the following spicing: One teaspoonful of pepper. — Three teaspoonfuls of salt. — One teaspoonful of ground clove. — Four teaspoonfuls of sugar. Mix all together, equally over the meat, and rub in. *Do this overnight.*

Next morning, make the following stuffing, and fill with it the place of the bone: A pint of pounded cracker crumbs. — One fine chopped onion. — A tablespoonful of sweet marjoram, and a teaspoonful of summer savory. — A teaspoonful of salt. — A saltspoonful of pepper. — A saltspoonful of ground clove.

Mix all these together, then melt a teacupful of broken butter and stir it evenly in, till the crumbs are all buttered.

Put enough hot water to the whole to stir it to a stiff spoon-dough. Then beat an egg very light, and mix it in.

Bind the meat into shape, when stuffed, with a broad strip of cotton, winding it around and across, so as to keep in the stuffing.

Put a trivet, or grated stand, into the soup-pot,

and place the meat upon it. Pour in cold water enough to half cover it, and put in with the meat an onion with a dozen or more cloves stuck in it. Cover the pot very tight.

Set it where it will come to a boil, and stew gently four hours. During this time, turn the meat over three times; that is, at the end of each of the first three hours. This gives it a perfectly equal cooking.

At the end of the four hours, take it from the fire, remove the cloth, put the meat — still on the trivet — into a roasting-pan, pour the gravy round it, dredge the meat well with flour, and set it into a hot oven to brown. Add sauce or wine to the gravy, if you like, as in Bouilli.

When the flour browns thoroughly, baste it with the gravy; dredge it lightly again, and let it brown a second time. Then take it up.

Put the roasting-pan with the gravy on the fire. Mix a large spoonful of browned flour with a little cold water, and stir it in as the gravy boils. Taste, and salt as may be required.

Turn a little of the gravy — through a strainer — over the meat in the dish, and the rest into a sauce-tureen to send to table.

CORNED BEEF.

Salted and *corned* meats are put to boil in cold water.

Buy corned beef from the round of a large, well-fed creature.

Put to soak over night in cold water.

Early in the morning, wash and wipe, and put in the pot to boil. Cover twice deep with cold water, and set where it will heat up gradually and come to a *very* gentle boil. Take the scum off as it comes up.

Boil four hours, — a large, solid piece may take from four to five, — and be sure it is tender when you take it off.

If it is to be served hot for dinner, cook it in time to allow of removing it from the fire and letting it stand in the liquor it was boiled in until cooled down from the boil as far as will still be palatable. This makes it richer and more tender. Make a smooth drawn butter sauce to eat with it.

If it is to be eaten cold, take it from the fire and from the pot as soon as done. With a knife and fork, — chiefly with the fork — divide and shred it into small pieces ; mix these, fat and lean, — discarding all undesirable bits, — equally together; pack all down into a pan : set a pan just a little smaller, inside, upon the meat, so as to press it down, and put a heavy weight — flat-irons answer the purpose very well — into the upper pan, and set all away for some hours, or over night. It will cut in delicious, tender, marbled slices, and is excellent for a Sunday lunch with hot vegetables.

BOILED TONGUE.

Smoked tongue is best.

Wash, and lay in cold water over night.

Put on to boil in cold water, and boil, not furiously, but steadily, for four hours.

Take out, peel off the skin, and put back into the hot liquor, and set away to grow cold. It may remain in the water through the rest of the day and over night, if not wanted sooner.

Cut tongue in *lengthwise* slices, beginning at the outside of the bend. This makes a wonderful difference in the tenderness and flavor.

BOILED VEAL.

Take out the bone from a fillet of veal. Make a stuffing, as for roast meat. See recipe further on.

Fill the place of the bone with the stuffing, and draw the ends of the meat up as tight as possible with a needle and a coarse strong thread.

Scald and flour a cloth, as for boiled mutton, and sew or tie the meat in it tightly.

Boil three hours, or until tender, trying with a knitting-needle.

Make an oyster sauce, by soup recipe, to serve with it.

Well cooked, it is much like boiled turkey similarly served.

SWEETBREADS.

Wash, and take off carefully all the thin skin in which they are wrapped, drawing it out from between the lobes or folds. Remove also all mere fat.

Put them in cold water, enough to freely cover,

and set on to boil. When they have boiled fifteen minutes, take them out and lay them in cold water for ten minutes. Keep the water they were boiled in hot in the stew-pan, meanwhile.

Put the sweetbreads back in the hot water, cover, and let come to a boil.

For a pint of broth, — or with two sweetbreads, — take a round, solid tablespoonful of butter, cream it, and stir to it a teaspoonful and a half of flour, or a teaspoonful of corn-starch. — a saltspoonful of mace, — a scatter of pepper, — and two *even* saltspoonfuls of salt.

Stir this to the gravy with the sweetbreads, let them simmer until perfectly tender, and then add half a cup of cream to the same proportion of the other articles, and boil up once.

Dish the sweetbreads, and pour the gravy over them.

BOILED MUTTON.

A shoulder of mutton will boil in an hour, or a little more.

A leg will take from an hour and a half to two hours, according to size. Try with a knitting-needle, to ascertain when it is tender.

Have a cloth to boil it in. Wring this out of scalding water, dredge it thickly with flour, and tie up the meat tightly in it.

Put it into a large kettle of boiling water, and throw in two heaping tablespoonfuls of salt.

When done, put it, cloth and all, into a pan, and

turn cold water over it enough to cover. Let it stand a few minutes, but not long enough to cool too much. Then take off the cloth, and send at once to table.

Serve with it a smooth butter sauce, with capers separately.

BOILED LAMB.

Same way, allowing about a fourth less time. It must depend upon the size, however. Eight minutes to the pound, then try it.

BOILED HAM.

Lay the ham in a large vessel, and cover it with a plenty of cold water. Let it soak over night.

Next morning, trim off all the hard, black, scrappy parts, wash it with a good, vigorous rub all over, and put it into plenty of clear, fresh water again.

Let it soak through the day, changing the water three or four times. At night put it into fresh water once more, and let it remain till morning.

Now put it into a sufficiently large boiler, cover it with plenty of cold water, and let it heat gradually. After it boils, it must do so steadily. Boil an ordinary-sized ham five hours. Take off all coarse scum from the water.

Try it with a knitting-needle. When done, remove it from the boiler, take off the skin, and then return it to the water it was boiled in, and let it remain till perfectly cold.

TO BROWN A BOILED HAM.

Prepare and boil it as above directed. Skin and cool it in the water.

Put it in a roasting oven, and let it bake till the outer surface of fat begins to fry up. Then dredge it thickly with flour, or sprinkle it well and evenly with fine cracker crumbs. Roast it until of a handsome brown.

BOILED CORNED PORK.

Wash, put in plenty of cold water, and set on a good fire. Boil a leg three hours.

Serve with drawn butter sauce and capers.

BOILED TURKEY.

For this a dressing is required. I will therefore give you here a recipe for the —

DRESSING OF STUFFED MEATS.

Make ready: A pint of finely pounded cracker crumbs. — Half a cup of broken butter, melted. — Two round teaspoonfuls of sweet marjoram. — A pinch of summer savory. — Two round saltspoonfuls of salt. — A pinch of pepper. — A pinch of celery salt. — One egg.

Mix the salt, pepper, and herbs, dry, with the cracker crumbs.

Stir the melted butter in, evenly, till all the crumbs are buttered.

Take a pitcher or measure of boiling water, and

pour from it to the crumbs, until you bring them into a rather stiff semi-dough. It must be thoroughly swelled and moistened, however, and must stir easily.

Beat the egg very light, and mix it in.

To return to the boiled turkey : —

Have the boiler in which it is to be cooked already on the fire an hour or more beforehand, and a piece of salt pork — about four cubic inches — boiling in it. Let this continue to cook with the turkey afterward.

Have it well cleaned and washed ; the pinfeathers all picked out ; the hair singed off, by holding it over some burning paper ; then cut away all excessive fat from within the lower part of the body, and score a knife through the skin on the back of the neck, so as to permit it to yield more space in front.

Put the stuffing into the breast, pushing it down under the skin, till you can get no more in, and it is round and full. Then put the remainder, if any, into the cavity of the body. The skin around the neck must be drawn forward, together, and tied round tightly. Any rent or opening must be sewed up. A few threads may be drawn across the open end of the body, if needed.

Pass a skewer under the leg-joint, between the leg and the thigh, — then straight across through the body, — then under the opposite leg-joint in like

manner ; press the thighs well upward, and close to the sides, and wind a string across around the ends of the skewer, and tie it tight. Truss up the wings in the same way, making your bird as trig, compact, and plump-looking as you can. Cross the ends of the drumsticks, tie them, bring them down to the tail, and tie all three tightly together. It is now ready for the wrapping-cloth and the hot water.

Dip a nice cloth in scalding water ; wring it out ; dredge it all over with flour ; wrap the turkey in it tightly, pinning or sewing it securely. See that the water boils when you put it in, and that there is enough to well cover the turkey. Boil a large turkey steadily, but not furiously, for three hours. For the first hour, let it boil quite slowly, but never stop.

You can try it, like other boiled meats, with a knitting-needle. When done, take out, unwrap carefully, cut and draw away all the trussing-strings, remove the skewers, and lay on the dish for serving. Dip a few spoonfuls of the sauce prepared to be eaten with it upon the turkey, and put the rest in a tureen.

This may be either a nice drawn butter sauce or an oyster sauce, made like a simple oyster soup, except that you may have it a little richer and thicker, by exceeding the soup recipe in your measures of butter and flour.

You may send the boiled pork to table on a separate dish, or not at all, as you prefer.

BOILED CHICKENS.

Treat precisely as boiled turkey, except in point of time. See "Time-Table."

POTTED PIGEONS.

Clean the pigeons thoroughly, and tie each one in shape.

Fry out two or three slices of salt pork in your kettle, until crisp.

Meantime, unless done altogether beforehand, prepare one even half-pint cupful of fine cracker crumbs, in which you mix, dry: One round teaspoonful of sweet marjoram. — A pinch of summer savory. — A scant teaspoonful of salt. — A pinch of pepper. — A pinch of celery salt. — A heaping saltspoonful of clove.

When all these are mixed, stir to the whole two round tablespoonfuls of butter, freshly melted. Mix till even, crisp, and dry.

Take the pieces of pork from the kettle; leave just fat enough to run over the bottom, — say an eighth of an inch deep.

Lay in as many of the pigeons as you can comfortably, side by side. Sprinkle over them, evenly, two or three tablespoonfuls of the seasoned cracker crumbs; repeat the layer of pigeons, — then the crumbs. Put in, here and there, some little strips of the crisped pork. Go on till the pigeons are

all in, and the crumbs used. I have supposed that you have a dozen or fifteen pigeons. Perhaps the cracker preparation would answer for a dozen and a half, but I think you would need *full* measure.

Cover deep with warm water; cover the kettle; set where it will come to a slow boil. Stew very gently and very steadily for three hours.

Try your gravy toward the last, and add anything that may be needed.

The salting must depend upon the saltness of the pork. The other seasoning, also, you must adjust by careful tasting, as with soups. I have given a measurement as nicely judged as I am able, for the outset.

Be sure to keep the kettle closely covered all the time the stew is cooking.

Serve the pigeons in a large, deep dish, with gravy poured over them. The remainder in a sauce tureen.

Remove, of course, the strings from the birds, before dishing.

ROAST MEATS.

In roasting meat, do not put it at first into a *very* hot oven; but have a good fire, growing hotter, that will make the heat brisk, and sustain it, after the meat is heated through.

For an ordinary piece of meat, in a roasting-pan of the usual size, put in, at first, a pint of water, with a teaspoonful of salt for the basting. Add another pint, without salt, as this boils away.

A joint of meat, of any kind, after being well washed and trimmed nicely of all over-fat, dried, or scraggy parts, should be rubbed evenly with fine salt, before being put in to roast.

Do not dredge the meat with flour at first.

Let it heat gradually, and yield some portion of juice for the gravy, before you seal up the surface by flouring or browning.

For two thirds of the time required for cooking, keep it wetted with the water and drippings, so that it shall not crisp at all. It must be rather in its own steady steam bath; having the oven as close as compatible with the necessary basting; never holding the door quite wide open, or keeping it open for more than a minute, or *less*, at a time. An old gauntlet glove is a good thing to protect the hand and wrist with, in roasting, to this end of exposing the meat and oven as little as possible. If you use a stove, open the door which swings to the left, that your right hand may enter easily at a small aperture.

If the meat roasts faster on one side than the other, turn the pan, or the meat in it, but do all with as little delay as possible.

When about one third of the allowance of time remains for the cooking, withdraw the pan comfortably far, resting the end which you pull out upon some support outside. A wooden block, or cricket, kept on purpose on the hearth, is very convenient for this. Now dredge the meat all over, thoroughly and thickly, from a fine sifter, with flour. Return

the pan to the oven, and let it remain till the flour is well browned. Then baste freely with the gravy, and flour immediately again.

Repeat the flouring and browning, letting the crust grow crisper each time before you baste. Two, three, or more times, as you have opportunity in the given time and the quickness of your oven. Never *wash off* a flouring before it is browned on, and do not leave any *unbrowned* flour of the final dredging.

If you have followed this method carefully, and managed well your supply of water in the pan, — you must watch this as the roasting goes on, and secure a good pint, not more, at the end, — there will be no trouble with the gravy, which will be already made and browned, only requiring to be boiled up and strained, as follows :—

Dish your meat, cover it, and keep it hot.

Set the roasting-pan on the fire, and with a tin spoon scrape up all the browning from the bottom and corners, and stir it with the gravy as it boils. If your meat was very fat, and you find that the flour separates and fries in the gravy, instead of mingling readily and smoothly to thicken it, pour in, *slowly*, boiling water till it unites, stirring all the time.

(The same rule applies if you have occasion to dredge flour into a gravy in the making or finishing. I have found a cook in distress over a gravy that *would not* thicken, though she dusted in flour

enough to serve for a quart or more of porridge. It all gathered in lumps, and fell to the bottom, while the perverse fat bubbled and hissed at the top, and would have nothing to do with it. A generous spill of boiling water from the kettle reconciled matters as by a counteracting magic, and astonished cook with something undreamed of in her philosophy.)

If you have failed to get in quite enough flour in the roasting, dredge in more, delicately, as you stir, till it is right. Taste for the salting.

If, by the addition of flour, or flour and water, a gravy becomes too light-colored, use a little burned sugar, as directed under the head of "Gravy and Soup Thickening."

ROAST BEEF, OR ROAST MUTTON.

The directions are sufficiently explicit in the foregoing pages. Allowance of time is given, in the "Time-Table," Section II.

YORKSHIRE PUDDING, WITH ROAST BEEF.

Make a light batter, by recipe for "popovers."

Before you do this, if your roast is a cut of the sirloin, with a thin end, cut this end off from the main piece; lay a grating, or a few skewers, across a small pan that will set in the oven beside the large roasting pan, put the thin bit of beef upon this support, and place the pan in the oven. Do this in time for the beef to begin to roast and make a dripping in the pan, into which you may pour your bat

ter as soon as mixed, and give it an hour afterward to cook.

As the meat roasts, the gravy will continue to drop upon the pudding, which will thus bake slowly, being enriched and crisped by the process, and will come out at last with a bubbly, glossy-brown surface, and with a delicious flavor.

Cut in narrow strips, and lay around the large roast in serving.

ROAST VEAL.

Prepare a "dressing for stuffed meat." See recipe.

If a leg, remove the bone, and fill the space with the stuffing.

If a loin, tuck as much under the flap as you can, and keep the rest to put in the corner of the pan in the last third of the time, and brown when you are browning the meat.

Lay two or three thin slices of nice salt pork on top of the meat after it is placed in the pan. This will afford the enrichment of the gravy, and give flavor to the veal. Remove it for the final browning.

Proceed with the roasting as in general directions. After the first half hour, keep a hot oven, but baste well. Let a large piece have its full four hours; remembering that long-roasting meats must be the more assiduously attended.

SWEETBREADS.

Wash, and skin carefully.

Cover with cold water, and set on to boil. Boil fifteen minutes, take out, and lay in cold water for ten minutes.

Put them into a pan for roasting, pour around them enough of the water they were boiled in to make a liberal gravy; it may need all. For each sweetbread, allow a round tablespoonful of butter and a saltspoon of salt, put into the pan with the water.

Roast till they begin to brown, basting with the butter and water freely, as you do with meat, not letting them crisp.

Then dredge with flour, brown, and baste, twice.

Dish them, keep hot, and boil up the gravy, adding for each sweetbread a pinch of mace and a good scatter of pepper. If not thick enough, dredge in lightly and finely a little more flour.

Pour the gravy over the sweetbreads in the dish.

ROAST PORK.

Follow general directions, being particular to give it its full time. You can scarcely roast pork too much, provided you keep it well basted.

In making the gravy, note the instructions as to the addition of hot water for the mingling of the flour with the fat. You will have to keep a good supply of water in the pan while roasting, and use

flour with corresponding liberality in browning. Skim off, if necessary, a part of the fat when taking up. It needs only its own fat, of course, in basting.

BAKED PORK AND BEANS.

Pick over and wash a quart of dried beans, the night before you bake them. Put them to soak in plenty of cold water.

In the morning, turn off the water, put them in a kettle, and cover them with plenty of cold water; set them on to boil.

Boil them till perfectly tender; then turn off the water again, put them into a stone or earthen pot; score through in lines the rind of a piece of nice salt pork, about four cubic inches, not less, in size, and bury it, all but the surface of the rind, in the middle of the beans. The pork should be selected from a strip that is fat and lean, in alternate stripes, and of the thickness which will give nearly the shape and size mentioned.

Put enough boiling water to the beans in the pot to cover, and a fourth more. If you like it, stir in two tablespoonfuls of molasses.[1] Cover the pot with a plate, or earthen baking-dish, and put in the oven. Bake moderately, but steadily, five hours.

If the water wastes away, in the middle of the baking, so as to be below the surface of the beans, supply enough, boiling, just to cover them. Toward

[1] A teaspoonful of fresh-made mustard, stirred in also, gives an excellent and unrecognized savor to a pot of baked beans.

the end of the time, it may be allowed to dry down enough to permit the pork to brown. You may uncover the pot for a little while, for this purpose.

ROAST TURKEY.

Wash thoroughly, rinse with soda in the water, and rub with salt.

Prepare as before directed for boiling.

Put the heart, liver, and gizzard in a small saucepan, cover well with water, and set on to boil.

Put with the salt and water, in the pan for roasting, two round, solid tablespoonfuls of butter to a pint. As you renew the supply of water, add butter in the same proportion to the second pint only.

Baste with the greatest care, watching the turkey as it begins to brown, and keeping it evenly turned to the heat. Keep it beautifully moist and tender, free from the least scorching, blistering, or shriveling, till it is of a golden brown all over. Take the top of the gravy for basting, that the skin may be kept well buttered.

In the last third of the time, follow general roasting directions in flouring, browning, and basting. You will be able to make three or four repetitions of the process. Just before flouring, you may, unless there is a very rich top to your gravy to baste with, put some clear butter, in addition, to the surface of the roast. Then dredge on the flour quickly.

Be careful to flour and brown all over, turning and supporting the turkey in the pan so as to reach

all sides successively. Little cake-tins, or muffin-rings, do very well to bolster up with. Finish the parts farthest back first, as well as you can; then devote yourself to the breast and sides, turning the *pan* only, and not disturbing the turkey.

When done, the "elegant fowl" will be entirely coated with a fine, frothy, crisped, rich brown crust, which will break off in shells with the carving, and make a most savory addition to the accompaniments.

Dish the turkey, and finish the gravy over the fire, as already instructed. Add the water in which the giblets have been boiled, and whatever more may be wanted from the teakettle. Have the giblets chopped small, in a bowl; strain the gravy over them, and stir up. Fill your sauce-tureen, and serve.

I should say that in roasting a large turkey handsomely, you might use an even, solid cupful of butter in the whole stuffing and basting. Of course, in the use of butter in this or any process of cookery, you may make less do, if you wish to economize. I give a good allowance, which is enough for the best.

The quantity of gravy which should result from the treatment prescribed here will be sufficient for two days' serving of a large turkey; and I think it better to have the roasting handsomely done at first, and gravy reserved for a second dishing, than to spare in the first cooking and have to supplement, perhaps with as much material and less satisfactorily,

in the last. I only wish you to understand that you may regulate, reasonably and conscientiously, your own quantities; the *method* and *order of doing* remain the same.

ROAST CHICKEN.

Prepare and cook like turkey, except for the difference in time.

ROAST GOOSE.

Prepare like a turkey, except that you add a fine-chopped onion and a pinch of sage to the dressing.

A dressing made of finely mashed potatoes, instead of cracker crumbs, is very nice, and more strictly in rule, though a cracker stuffing is so good that it should not be vetoed, invariably.

Before you begin to dredge and brown your goose, skim a good deal of the fat from the gravy in the pan. Then finish roasting and making gravy as for turkey.

Nothing but its own fat is to be used in basting a goose.

DUCKS AND GROUSE.

Are roasted in the same way, noting the difference of time by Table. Grouse require butter in basting.

SMALL BIRDS.

Wipe them dry after washing, tie them up nicely, without stuffing, dredge them with flour, baste with butter and water, and be careful not to overdo.

A little wine, or jelly, or both, may be added to the gravy, in finishing.

CHICKEN OR VEAL PIE.

Make a nice fricassee, by recipe; a nice pie-crust, by recipe. A cream crust — see "Gayworthy Short-cake" — is particularly good.

Put the pieces of meat into a deep baking-dish, arranging them — in case of chicken — so that the same kind of bits may not come out in the same place, in the cutting and helping. Fill the dish nearly up with the gravy; cover with a round of paste; cut a round hole out of the middle of the cover with an apple-corer; bake half or three quarters of an hour, till the crust is handsomely done.

A slice or two of ham, with most of the fat removed, cooked with the veal in the fricassee of that meat for a pie, and used with it in the filling, flavors it richly. In that case, the gravy will not need salting. Do not put in enough ham to make it too salt.

Both veal and ham should be cut in quite small pieces for the filling of the pie.

ROAST MEATS, WARMED OVER.

BEEF

Should be cut in nice slices, the gravy boiled up in a pan over the fire, and then each slice, separately, dipped in and turned, quickly, remaining only long

enough, and barely that, for the heat to strike into it, and then taken out and laid in the dish, which should be hot, and kept hot. The scalding gravy to be poured over the whole.

If beef has been roasted rare, and there is a considerable quantity left upon the bone, do not cut it off, but put it in the oven and heat through, basting with some of the gravy to keep it from drying.

Additional gravy may be made from scraps and bone, trimmed from the piece, and boiled up in a spider. Thicken and brown by foregoing directions for gravies.

MUTTON AND LAMB.

In the same way as beef. If mint sauce has been made for it, any that is left may be stirred in with the gravy; or make a little fresh and serve with it.

VEAL

May be sliced and heated in the gravy. There is little danger of over-cooking veal. Do not by any means *fry* it, however.

The nicest way to use cold veal is to mince it very fine, — first picking it over and removing all gristle and uneatable bits; then put the veal gravy, or butter and water mixed half and half, in the spider or large frying-pan, and heat the veal in it, stirring it over often and thoroughly, and seasoning it with salt and a little pepper. A *very* little mace, celery salt, or curry may be added if you like.

Keep it over the fire till it shows a slight but dis-

tinct brownness; stirring it, and keeping it sufficiently moist with gravy, or butter and water. When these last need to be added, melt together in equal proportions, put in salt enough to season, and stir into the mince.

While the veal is cooking, prepare half a dozen slices of "water toast," by recipe; lay them in a hot dish, and pile the veal upon it to send to table. A few slices of lemon may be laid over the top

PORK.

Warm in slices, in the gravy.

TURKEY, CHICKEN, ETC.

Cut in nice, helpable pieces; boil up the remainder gravy in a deep pan; put in the meat, with the pieces of stuffing, and stew well together. Keep it covered.

If more gravy is needed, supply it with butter and hot water. A solid round spoonful of butter to a cupful of water. The stuffing will thicken it; if there is a deficiency of this, dredge flour over the meat as it lies in the pan, and then turn the pieces over, that the flour may become mixed with the whole.

If the roast has been well browned in the first place, the gravy will come to a good color; but in case of a too pale gravy, take out the meat when done, and brown as usual, with a very little burned sugar.

If you have to make a gravy altogether, prepare it beforehand, by boiling up all the brownest bits and scraps, with the bones, in as little water as will answer, making up the quantity with butter and water in the proportions above said. Take out the scraps, and put in your nice pieces to be warmed.

BROILED MEATS.

BEEFSTEAK.

If the slices are freshly and cleanly cut, as they should be, do not wash them. Trim off the fat edges; they only melt and drip into the fire, and smoke the meat.

If you are sure that the steak is of the very tenderest, do not pound or chop it; but if this is not certain, still do not *pound* it; but place it on your meat-board, and with a sharp chopping-knife cut it with fine parallel strokes across and across, on each side, till you will almost think you are making mince-meat of it. You will not do this, so long as you do not chop quite through. The quick heat to which you will presently subject it as I shall tell you, will seal the surfaces, and you will hardly perceive, when it is cooked and served, that it has been chopped at all. It will simply be made tender, in the only way I know of in which tough steak *can* be made so, in any degree.

A light wire broiler, that you can keep in your hand and turn quickly, is the best. Put the slice of

meat — you can do only one, of good size, properly, at once — into the middle of it; laying it into compact shape if it needs shaping, and particularly if you have had to chop it, in which case it will be somewhat thinned out, and must not be left spreading as it will, but be gathered up together.

Have a clear, hot fire; enough of it to last through your broiling; hold the broiler close down, an instant, on each side; turning it quickly, to save the juice. Let each side sear over, white, before you begin to really broil.

Now tend, turn, and lift, as you do in toasting bread; especially *turn* almost continually. You must keep the juices in the meat, not let them drip away. The surfaces will gradually cook and brown, without either being hardened or scorched precipitately. In fact, only the *mere* outside will get browned, which is the secret of a well-broiled steak.

If you are a novice, you may have to try your steak, to be sure when it is done. Do this with a small, sharp-pointed knife. Make a small, clean cut into the middle of the slice, and observe the color of the inside. If *purple*, and raw-looking, cook it longer. If only of a nice, bright red, just verging to the brown, it is right. It must never be of a dead, dark brown. After some practice, you will be able to judge, without using the knife, by the manner in which it has taken the heat, and by the browning of the outside. This will not have the least dry, toasted look about it, but will be of a

moist, rich color all over alike; a good *meat*-brown, which is a tint *sui generis*.

Have a hot dish ready, with pieces of butter cut up over it, and sprinkled with salt and pepper; the former liberally. Lay the steak from the broiler directly upon this; if you have to let it stand till you have broiled more, put it over an open kettle of boiling water, or in the hot closet, or the *open* oven of your stove, covered carefully with an earthen dish. It would be well to cover all with a folded cloth. If you can keep it from cooling, and at the same time keep its own steam in, it will not harm. Still, serve steak, always, as quickly as possible.

BROILED VEAL.

Cook in the same way, but as slowly as possible. Veal must always get as much cooking, in any process, as you can manage for it. After the first slight *searing*, hold or set the broiler as high above the fire as can be allowed for any progress, and gradually bring it closer. Remember that veal is dry meat, and do not let it parch.

I do not particularly advise broiling; a fricassee is better.

BROILED CHICKEN.

Have the chicken split down the back. Wash, wipe, and rub with salt.

Put in the wire broiler, and hold the inside first to the fire.

When the heat has struck through, turn and broil the meat side.

Watch and lift it, regulating the heat so as not to blister and scorch. Broil till of a fine, even, yellow brown. Try with your little sharp knife, if you need to. The meat must be quite white, all through. If pink, it is not done.

Serve on a hot dish, with a generous quantity of butter cut up on it, and sprinkled with salt and pepper.

BROILED GROUSE.

Prepared and cooked like chicken; but must not be cooked too much. It should be juicy, but there must be no raw color if you try it with a knife. Cook slowly; the breast is thick, and may easily scorch outside before doing through. Keep the bone side to the fire till the heat takes effect throughout; but turn for a minute at a time, so as not to burn.

Serve with butter, salt, and pepper on the dish, like chicken.

SMALL BIRDS.

Cook in same manner, with great care not to scorch or overdo.

SECTION III.

RECIPES.

PART VII.—SAUCES.

BREAD SAUCE

Break into fine crumbs enough white bread, leaving out all hard crust, to make a heaping cupful.

Boil an onion soft, as for eating.

Prepare a cream butter sauce, as directed on page 148, omitting the flour, or other thickening.

Cut up the boiled onion, very fine. When the sauce boils, stir in the onion, and then add bread crumbs, a spoonful at a time, until the sauce is thickened like a porridge; not like a *pudding*, but so that it will pour nicely from the ladle in helping.

Add a scatter or two of pepper to the seasoning.

CELERY SAUCE.

Cut up, fine, all the nice, tender parts of a good head of celery.

Put it in a saucepan, and turn to it enough cold water to cover it for boiling. A pint, or more, according to the quantity of celery.

Cover, and let it boil till tender. Meanwhile, cream a half cupful of solid butter, as for butter-sauce, with a *scant* teaspoonful of cornstarch, or a merely full one of flour. Season with two salt-spoonfuls of salt and a pinch of pepper, beaten in. Have ready a cup of cream.

When the celery is boiled, stir in the creamed butter, and add the cream. Stir smoothly, and boil up.

Or: You may make a cream butter sauce, precisely as directed on page 148, with the addition of a little sprinkle of pepper to the seasoning, and a teaspoonful of celery salt. Use less, consequently, of common salt.

CAULIFLOWER SAUCE.

Boil a small cauliflower, tender, in salted water.

Prepare a cream butter sauce.

Break and mash, with a fork, all the delicate part of the cauliflower, rejecting anything hard, dark, or green. Mix hot with the boiling sauce. Add a sprinkle or two of pepper to the seasoning.

Serve with any boiled meat.

A nice white cabbage, boiled and chopped, may be dressed in the same way, and tastes very similar.

MINT SAUCE.

Strip the leaves from a bunch of fresh mint. The tender tips of stalk and leaves may be retained.

Gather these leaves and tips, as many as you can at a time, in an even bunch in your fingers, and with a small, sharp knife slice them across into fine shreds. Cut these, again, into the finest bits.

To a cupful of chopped mint put an equal quantity of sugar. Mix and mash together in a bowl, till the juice of the mint has partially dissolved and well moistened the sugar; then stir to it half a cup of nice clear vinegar.

Mint sauce may be kept a long time in a stopped glass jar.

SALAD DRESSING.

Cream one solid cupful of butter, very light.

Stir smoothly to it the yolks of four eggs.

Mix in thoroughly one tablespoonful of made

mustard with one heaping teaspoonful of salt. If you like, sprinkle in the very smallest possible pinch of cayenne pepper. Otherwise, use a more positive "scatter" of white pepper. Be careful, however, of the "bite;" you can add either mustard or pepper afterward.

Stir in, *very slowly*, dropping it from a spoon, a cupful of the freshest and purest Lucca oil.

Add to the strained juice of a lemon enough nice, clear vinegar to make half a cupful. Turn this also very slowly to the dressing, stirring all the time.

The oil will have made the mixture very thick. The lemon and vinegar will thin it to a right consistence. I give a good average proportion of the latter; but in this particular you must depend partly on your own judgment and preference. If the dressing seems to be sufficiently thinned before you have used quite all the measure, desist. If the measure does not make it quite thin enough, add a little more. Put it in slowly, observing and tasting cautiously.

Do not pour dressing over salad until just about to serve.

If lettuce, and not celery, be used in the salad, you may add a teaspoonful or more of celery salt to the seasoning at the beginning.

If you do not find it quite warmly enough seasoned when finished, either mustard or pepper can be added. If the former, take a little dry, in a cup, and mix with it some of the salad dressing; then stir it thoroughly into the whole.

SALAD DRESSING, WITHOUT OIL.

Prepare the butter, egg, and seasoning, as in last recipe.

Stir in, gradually, instead of oil, a cupful of good cream.

Add lemon-juice and vinegar, as in oil dressing.

Observe all particulars of the process, as given before.

THICK MELTED BUTTER.

Cream perfectly whatever quantity of butter is needed. Stir in two saltspoonfuls of salt to a cup of butter.

When quite fine and light, turn upon it — stirring well, and always the same way — four tablespoonfuls of boiling-hot water to a half-pint of butter.

Hold it over the fire, stirring gently and steadily, till just sufficiently heated to serve.

CRANBERRY SAUCE.

Put a quart of cranberries into a large bowl, and pour plenty of boiling water over them. If you have them in a four or five-quart vessel, fill it almost full. The berries must be well scalded.

Let the water cool till you can bear to dip your fingers in; then take out the berries by small handfuls, and pick out carefully every one that is soft, discolored, or unripe. The good ones will be bright red and plump, from the scalding.

Put them in a porcelain kettle, pour on them a

pint of boiling water, cover, and let boil twenty minutes, or until the berries break, and you can mash them down. While they are boiling, have a full pint of white sugar in a baking-dish, in the open oven or by the fire, where it will become very hot.

Stir the cranberries often, and mash them evenly.

When they are cooked as directed spill in the hot sugar quickly, stirring well.

Boil up about five minutes,[1] then take off, and strain through a fine vegetable sifter. You may put it in molds, or set it away in a large bowl or pan, to cut out when cold, in slices. It will be like marmalade.

If you do not care to have it strained, the sauce will be of the very best in the commoner form. It will harden like jelly, with the broken berries mingled in it.

APPLE SAUCE.

I.

Core, pare, and quarter a baking-dish full of nice, juicy apples.

Cover them with a thick layer of sugar; put a plate over the dish, set it in a pan slightly larger, with hot water in the bottom, around the dish, and put in the oven.

Bake till the apple is clear and tender.

[1] If the sugar was cold, or not very hot, boil fifteen minutes.

II.

Put juicy apples, cored, pared, and quartered into a jar, or inner boiling pail; set this into an outer vessel with cold water in it. Put the whole over the fire, and let it boil; continuing until the apple is tender.

Take off, and sift; sweeten the pulp pleasantly, and set away to cool.

III.

Core, pare, and quarter the apples.

Take a dish in which you can serve the sauce, cover the bottom with cold water, fill it with apples, and strew sugar thickly over them.

Bake without covering, until the apple is tender, not disturbing the sugared surface, but letting it brown delicately.

If the oven prove rather hot, so that the sugar browns before the apple is done, you can cover it as may be necessary to keep it right.

PUDDING SAUCE.

Cream half a cup of broken butter till very light and delicate.

Add, and beat to it, till perfectly light and white, one rounded-full cup of sugar.

Have on the fire an open shallow pan with water boiling in it. Let the water be only so deep as will allow of the bowl in which you beat the butter and sugar being set in it to heat.

Just before serving, and on no account sooner,

dip four tablespoonfuls of the boiling water to the sauce, stirring it well. Then set the bowl into the pan, and stir till the sauce is but just dissolved to a thick foam.

If you wish wine in it, it should be heated separately in a small utensil with the requisite quantity of water for dissolving the sauce. Use a wineglassful of wine with a tablespoonful of water. Heat it quickly, when you are just going to use it, that it may not waste away.

If you wish to flavor with lemon, it may be done with a teaspoonful of the best essence, or you may grate the rind of a fresh lemon, steep it beforehand in the wine you mean to use, and boil it up in it; then strain the wine upon the butter and sugar in melting.

Strain, also, the juice of the lemon into the sauce.

A simple foamy sauce, with no flavoring except that of a grating of nutmeg over the top after it is poured into the tureen, is as nice as need be, and I think *preferable*, when the pudding has a spicing or flavoring of its own.

A cup of *cream* may be well beaten with the butter and sugar, after they are thoroughly prepared, and the sauce then melted by standing in the boiling water and stirring, without any further liquid addition.

COLD PUDDING SAUCE.

Cream butter and sugar in the same way as for melted sauce, flavor it with anything you prefer, and pile it lightly in a pretty dish.

SECTION III.

RECIPES.

PART VIII. — VEGETABLES.

POTATOES.

New potatoes are best baked.

Full grown, fair, ripe potatoes may be either boiled or baked.

Old potatoes must be very carefully prepared, and boiled.

Wash and pare potatoes early in the morning, to cook for dinner. With very old ones you may do so over night.

Lay them, when pared, into a pan with a *great deal* of cold water, and let them soak till the time for boiling. Change the water from twice to three and four times, according to age.

Three quarters of an hour before dinner, take them out of the water, *wipe each one quite dry in a clean towel*, and put them into a large kettleful of boiling water, with a couple of tablespoonfuls of salt thrown in. Cover them, and let them boil half an hour, or until tender upon trial with a knitting-needle.

Then turn off all the water, shake up the potatoes in the kettle, scatter a little salt over them, and set the kettle, uncovered, on the back of the stove, to

steam off. Dish up the rest of the dinner, and if not too long about it, the potatoes will be just right to take up at the last.

Never dish up potatoes and let them wait for other things. Have everything else at the finishing point, when you set them to steam, and then proceed expeditiously. They may steam five minutes.

SNOW POTATO.

After the potatoes are boiled and steamed off, rub them through a colander. They will drop into the dish below in coiling strings, which will heap themselves up lightly, and make a delicate, inviting appearance for serving.

Have the dish *hot* beforehand; and keep hot over the fire, or in the open oven. Serve quickly.

BROWNED POTATO.

Mash well-boiled potatoes finely; mix with them, as you do so, a palatable allowance of butter and salt; nice beef-dripping will do instead of butter; put into tin baking-plates, and set in a hot oven till well browned. Give them twenty minutes' time.

CREAM POTATO.

Mash finely; salt well; stir in a cupful of scalded cream to a dishful made with ten large sized potatoes; add a little butter, by taste. Do all this in the hot pan they were steamed off in. Keep hot over the fire, where it cannot burn. Serve as soon as possible.

RICE.

Wash and rinse repeatedly in cold water, till very white. Pick out all discolored grains, and other refuse particles. The best rice ought not to need much picking over. Let it soak in the last water an hour or more.

Drain off all the water, and dry the rice on a large towel. Prepare it long enough beforehand to allow of its remaining awhile spread out on the cloth to dry more perfectly. It must not dry hard; simply let all the actual water be absorbed from it, leaving the kernels separate, and with a beginning of swelling and softening from the moisture.

Have a kettle with a good deal of boiling water in it. The rice must have room to scatter in it as it boils. See that it does scatter, by frequently stirring it up from the bottom with a fork. Never stir rice with a spoon.

Let it boil fifteen minutes; then try a grain or two by tasting; the moment you find it tender enough to bite through without any feeling of hardness or rawness, take the kettle off, and pour the water away through a fine colander or vegetable strainer. Set the strainer, with the rice in it, on the back of the stove for about ten minutes, to let the grains dry perfectly.

All depends upon the *plenty* of water, and the instant watching of the rice to detect the exact point of its sufficient softening. It must not boil a minute after you can bite it as before said.

MACARONI.

Wash and soak like rice, having broken it up into lengths of six or eight inches. Wipe dry, and put into a plenty of boiling water.

Boil half an hour, in salted water. Meanwhile, for an average dishful, cream two tablespoonfuls of butter, scald a teacup of cream, or rich milk, stir the hot cream gradually to the butter, adding a heaping saltspoonful of salt. Do not mix these till the macaroni is ready to be taken up.

Turn off all the water carefully from the macaroni, pour the butter and cream upon it in the kettle, and set it back on the fire to turn it over in the dressing. Then dish for the table.

TOMATOES.

Stewed: Pour boiling water over them, to take the skins off. Peel them nicely, and cut them up. Put them into a saucepan with a little butter, allow a round tablespoonful to half a dozen tomatoes; salt, half a teaspoonful to as many; and a sprinkle of pepper. Stew three quarters of an hour.

As they boil, after cooking about half an hour, dredge over, and stir in, two or three sprinkles of flour. Or, if you prefer, scatter and stir in fine cracker crumbs, until thickened a little.

Fried: Mix together in a dish a little flour, pepper, and salt. A pinch of pepper and a large saltspoonful of salt to three tablespoonfuls of flour.

Slice the tomatoes without skinning; lay each slice in the flour, turning it over to flour it well; or put your flour, pepper, and salt into a little sifter or sprinkler, and dredge each tomato slice on both sides.

Put enough butter into a frying-pan to cover the bottom when melted, let it heat till it sizzles, and then lay in the slices of tomato.

Fry brown.

Broiled: Slice the tomatoes without peeling.

See that your fire is clear and hot. Put the slices in a wire toaster, and toast, carefully, like bread, or like broiling steak; turning often, to keep the juice in. Bring them to a nice, decided brown on both sides.

Lay the slices in a dish, dropping on the middle of each one a bit of butter, and giving it a dust of salt and pepper. Send to table as hot as possible.

Baked: Scald, peel, and slice. Butter a baking-dish. Have ready a cupful of fine cracker crumbs.

Put a layer of tomatoes in the dish, sprinkle them with pepper and salt, the former cautiously; drop a bit of butter on each slice, and strew cracker crumbs over the whole. Proceed in this way until you have used all your tomatoes, or filled the dish.

Finish with a good sprinkle of crumbs, and drop bits of butter over the top. Bake an hour.

Canned tomatoes: May be stewed or baked in the same way as fresh ones.

Smooth tomato sauce, for dressing: See "Macaroni and Tomato," in the *soup* division.

CAULIFLOWER.

Pick off the leaves. Trim down the stalk. Put the cauliflower in cold water.

An hour before dinner, put it into a large porcelain kettle, or nice tin boiler, with a great deal of boiling water, salted.

Let it boil steadily, but not in a furious manner, to toss and bruise it, for one hour.

Prepare for it a cream butter sauce, without the spicing of mace.

Take up the cauliflower carefully, with a large vegetable skimmer or wire ladle. Put it in the dish for table, and pour over it the cream sauce.

See, also, "Cauliflower Sauce."

CABBAGE.

Wash it, examining it carefully, and stripping off the old, outside leaves. Let it lie for an hour or two, as convenient, in cold water.

Put it into a large potful of boiling water. Have a plenty more of boiling water, to renew with, as below.

When it has boiled half long enough,—see "Time-Table" for old and young cabbages,—turn away all the water, and fill the pot with more; throwing in two or three spoonfuls of salt. Let it boil the remainder of the time, then take it out carefully upon a drainer, let the water run from it, and serve.

A drawn butter sauce is nice, poured over it.

Or, when well boiled, chop it fine, put it in a saucepan, stir butter with it, and sprinkle in a little pepper, put it on the fire, and stir it till boiling hot again. Or, chop and dress like cauliflower.

PARSNIPS.

Wash, scrape, trim the ends, and put into salted boiling water.

Boil, according to age, as by "Time-Table."

Mash fine, butter well, sprinkling in salt and a little pepper.

Return the saucepan to the fire, and stir till smoking hot again.

TURNIPS.

Wash and scrape.

Cook like parsnips.

BEETS.

Wash, take off the thready roots, but do not scrape or trim. Put into boiling water, and cook, according to age, by "Time-Table." Never *cut* beets in any way until you do so at table.

ONIONS.

Take off the outer skins; all that are red, and one or two of the tougher white ones.

Put milk and water, equal quantities if you can spare the milk, into a saucepan that will hold the onions with a plentiful covering of liquid. Boil up, and put in the onions; when boiled tender, turn off

the milk and water, chop the onions fine in the saucepan, butter them, sprinkle with salt and pepper, add a little cream, and stir over the fire till very hot.

If you prefer to serve them whole, have a very little hot cream ready, in a tiny saucepan, stir a spoonful of butter into it over the fire, always stirring *one way*, and keeping the butter upon the bottom of the hot vessel till it melts and mixes gradually with the cream ; scatter salt and pepper upon the onions as you lay them hot from the boiling, in the dish for serving, and pour the cream and butter over them.

WINTER SQUASH.

Cut in halves, take out the seeds and fibres, cut in convenient pieces, not *smaller* than you are obliged, pare off the rind from each piece, put in the steamer over clear water, or any article you may be cooking whose flavor will not injure — like that of cabbage, for instance — the squash.

You may lay a cloth in the bottom of the steamer, if anything else is boiling beneath, to prevent the dripping from the steamer carrying any squash flavor with it to hurt the other thing.

Steam till tender, referring to "Time-Table" for calculation.

When done lay a clean towel in a bowl or pan, put one piece of squash at a time into it, and squeeze it, to get rid of all the water possible.

Mash all through a vegetable sifter, return to the fire in a saucepan, with butter and salt enough to

make it palatable, and a seasoning of pepper; stir till well heated up for serving.

SUMMER SQUASH.

Wash, cut up, without paring, and proceed in the same way as with the last, observing the difference of time. Let the seeds remain in, to be separated afterward in the sifting.

SPINACH.

Any tender greens are used under this head.

Pick over and wash thoroughly a peck for an average family dinner.

Let it lie in cold water until time to cook it.

Put into plenty of boiling salted water, and cook until tender. Then take out, drain, and chop very fine indeed; so that it becomes like a soft green paste.

Have ready, prepared while the spinach is still boiling, a teacup of butter beaten to a cream, the yolks of two eggs added and stirred with it; a teaspoonful of salt, and a pinch of pepper; you may put in a saltspoonful of mixed mustard; a teacup of cream stirred with the whole. Mix this dressing with the chopped spinach, and return to the fire in a saucepan to stir and heat for dishing. Take it off just as soon as hot, that the egg may not cook enough to separate.

This makes a dish like the delicious "epinards" which one gets everywhere abroad.

PEAS.

Put into a good deal of boiling salted water. In shelling the peas, if there is a great difference in their age and size, it is worth while to throw the large and small ones into separate bowls as you take them from the pods. Put on the large ones first, keeping back the tender ones until the others are partly done. All can then be dished together.

Do not let them boil a moment after they are perfectly tender; but be sure to have them so.

Butter quickly and plentifully, while hot, sprinkling in a little additional salt, and serve before they cool. Have the dish hot.

ASPARAGUS.

Wash clean; cut off all the white part of the stems except a mere end. Roll in bundles in muslin, and tie up. This is better than to tie the stalks; which are apt either to slip from a loose tying, or to be cut with a tight one.

Put into boiling salted water. Cook till tender.

When nearly ready, make some butter and water toast, by "Water Toast" recipe, using some of the water that the asparagus is boiling in. Lay this toast upon a hot dish.

Take up the asparagus, unroll it carefully upon the hot toast. Melt quickly a spoonful or two of butter and put upon it, and send to table.

Or: Cut the asparagus, when boiled, into little bits, leaving off the white end.

Have ready some "thick melted butter," put the cut asparagus into a hot dish, and turn the sauce upon it.

Serve with or without the toast.

STRING BEANS.

String carefully, unless they are very little, tender ones. Cut off the tips. Boil and butter hot, like peas. Be sure and boil tender.

SHELLED BEANS.

Boil well, — putting on in boiling water, — and butter and salt hot. See "Time-Table."

The large cranberry beans are very nice, mashed finely with a broad fork, and well salted and buttered. Do this in a hot pan, or dish, and then stir over the fire for a minute or two, before serving.

GREEN CORN.

Take off all the silk, and break off the unfilled ends of the cobs.

Put into boiling water, and cook by "Time-Table," or until tender.

Serve on the cob, or score the rows lengthwise with a sharp knife, and scrape down with the back of the knife, getting out all the hearts of the kernels without the hulls; stir up over the fire with butter and salt.

CANNED CORN, OR BEANS.

Put on to boil as they come from the cans, adding a very little water if necessary to keep them from burning. Put in butter and salt before taking from the fire.

OYSTER-PLANT.

Wash and scrape, and boil one hour, or until tender.

Take up and mash fine. Have ready a tablespoonful of butter, creamed, with the yolk of an egg stirred in, and seasoned with pepper, salt, and a little mace, — for an ordinary quantity of the plant, put in a teaspoonful of salt, a saltspoonful of pepper, and a saltspoonful of mace.

Mix this with the mashed oyster-plant, take a spoonful at a time, roll it in flour, and fry in butter. Have just enough butter in your frying-pan to turn the balls in.

EGG-PLANT.

Cut the plant in slices, and lay them in cold water well salted for an hour or two.

Prepare some cracker crumbs seasoned with salt and pepper, as directed for fried tomatoes ; beat the yolks of two or three eggs ; wipe the slices of egg-plant dry, dip them in the egg, then in the crumbs, and fry them in butter enough to turn.

SECTION III.

RECIPES.

PART IX. PUDDINGS AND PIES.

PUDDINGS.

I shall make four general divisions of examples for puddings: —

Puddings with crusts.

Soft-mixed puddings.

Batter puddings.

Sandwich puddings.

This will, I think, accomplish in this department what I have tried to do in all the others, namely, to so classify the varieties, giving a sufficient number of practical examples of each to lead to a clear understanding and a ready management and adaptation of whatever may suggest itself, by invention or hearsay, under either head. Also, to show, as in the other orders of cookery, the naturally relative proportions, and manner of handling, of all ingredients used in mixtures similar to each other.

PUDDING-CRUSTS.

Pie-paste, made by either of the recipes given under the head of "Pastry," is a suitable cover for boiled or baked fruit puddings.

Potato-crust, for boiled fruit puddings, is made as follows: —

Prepare, and boil, as for the table, three or four good, fair potatoes.

Mash them fine, and to two cupfuls of potato put two of sifted flour, and mix together well. Use a chopping-knife to do this, so as to keep all light and free from clogging.

Chop in, now, as into flour alone in other crusts, one cup of solid butter, with a teaspoonful of salt.

Mix to a paste, with very cold water, as usual, still doing all with the chopping-knife.

Gather into a round heap, without molding, upon the pie-board.

Roll into a round an inch thick in the middle, but thinned toward the edges, as these will be folded over.

Have a thick pudding-cloth, — one of Canton-flannel, used with the nap side *out*, is very good, — well scalded and wrung out, and dredged evenly and rather thickly with flour, laid over a large bowl.

Put your sheet of crust upon the middle of the cloth, pile your fruit into the middle of the crust, letting the latter, with the cloth, drop into the bowl so as to form a hollow that will hold the filling; turn the edges of the crust up over the fruit, gathering them round evenly with your fingers, until you can so press them gently together as to hold the filling securely. Then gather the cloth, in like manner, around the whole; lift it from the bowl with your left hand and wind a string around it with your right, — making a very tight tying-up as to the *string*, but a loose one as to the space over the pudding in the bag. It must have room to rise lightly and

swell in the boiling, but no chance to take in water. Leave a space in which you might put a large coffee-cup.

In taking out a boiled pudding, lift it upon a large dish, letting the ends of the cloth fall over the edge into another dish, and press the water well out of these before unfastening. Then untie the string, turn away the cloth carefully all round, invert the dish in which the pudding is to be served above it, and turn the one upon which it rests upside down, dropping the pudding right side up into its own. Do all this without delay after you begin, but do not begin until the course is nearly removed which the pudding is to follow. It must have no time in which to fall, darken, or harden.

TO BOIL A PUDDING IN A TIN BOILER.

Butter the tin well ; fill it only two thirds full with any mixture that swells or rises much ; have just enough boiling water in a large kettle to boil around it when set in with the pudding in it, without reaching so near the top as to boil over the tin.

Keep the outer kettle covered, that the steam may surround the pudding-boiler, with the same effect that the surrounding of the water would have.

APPLE DUMPLING.

Make a crust with a quart of flour, or with potato and flour as just now directed, or a " Cream Crust."

Have apples pared and cut in small pieces, enough to fill the middle of your crust as full as you can fold it over them. Pack them carefully, to get in as many pieces as possible. A good way is to pare and quarter, and then chop them.

Boil three hours and turn out as directed.

Or: You may make separate dumplings; coring and paring the apples, and tying each one, whole, in a small cloth by itself. Boil all in a large pot together. They will boil in one hour.

Or: You may *steam* dumplings, with or without cloth. If with, prepare and tie up in the same way; put in a steamer over boiling water, and cook the same length of time, *closely covered*, and without *removing* the cover. If without tying in a cloth, put a large pudding in a round dish which will just hold it nicely, so as to keep it in shape; scald and flour a cloth that will tuck snugly over it, and so cover it, being particular also to cover, and keep covered, the steamer. Small dumplings may be put in large cups or small bowls, and steamed in the same way.

You may also bake small dumplings, setting them side by side in a biscuit-pan, and placing the pan in the oven. Allow an hour to bake, but take out if done sooner.

Peach Dumpling can be made with peaches freshly halved, or with canned peaches carefully dipped out of their juice, for the filling.

Serve with dumpling a foamy sauce, or eat it with butter and sugar.

TO WARM OVER A REMNANT OF APPLE DUMPLING.

Break up all, crust and apple, lightly and finely, with a silver fork. Butter a dish, and put the pudding in, in nice shape. If you find there is not quite apple enough in proportion to the crust, a little apple sauce may be mixed in with it. Drop in some bits of butter.

Cover the whole with a pretty thick layer of white sugar, and set in the oven to heat and brown.

Serve with sauce, or with cream and sugar.

HUCKLEBERRY HOLLOW.

Make a crust as for an apple dumpling. Fill with huckleberries or blueberries. Boil in the same way.

You may make a raspberry or a blackberry hollow in like manner.

Eat with sauce, cold or melted, or with butter and sugar, as dumplings.

PAN-DOWDY.

Core, pare, and quarter enough tart, juicy apples to fill a deep earthen baking-pan.

Make a crust by either recipe for pastry mentioned on page 35.

Butter your baking-pan well.

For a three-quart pan, take a teacup of brown sugar, mix with it two teaspoonfuls of cinnamon, half a teaspoonful of clove, and a saltspoonful of allspice, with a pinch of mace. Mix all with a teacupful of molasses.

Put the apples into the pan, scattering in a few bits of butter, and stir in the molasses and sugar.

Roll your crust out into a thick round that will cover the pan, fit it over closely, put into a quite moderate oven, and keep a moderate, steady fire. Bake as long as you can without spoiling the crust.

When done, take off the crust, break it up in small pieces, and mix it with the hot baked apple. Set all away to grow quite cold.

A hearty, homely, excellent dish for dinner or tea.

SOFT-MIXED PUDDINGS.

BOILED BREAD PUDDING.

Stem and stone a large cup of raisins.

Or, cut in bits of raisin size, an equal quantity of nice prunes or dates.

Break in small pieces a baker's brick loaf; or crumb very finely an equal quantity of light home bread. Have a quart of milk boiling in an inner kettle.

Stir the bread into the boiling milk. Keep it stirring until you can mash it pretty smoothly and soft. Then stir in a cup of sugar, half a cup, good measure, of solid butter, and a teaspoonful of salt. Also, mix in the fruit.

Set it off where it will still keep hot, while you beat very lightly, — yolks and whites separately, or together, as you please, four eggs. Mix with these a teaspoonful of cinnamon and half a teaspoonful of mace or nutmeg.

Beat the spiced eggs into the pudding, and turn the whole into a well buttered tin boiler, and set this closely covered into a kettle of boiling water, also covered.

Boil two hours. An hour and a half will do, if you are hurried, but two are better. Boil steadily, and keep covered.

To turn it out, pass a long, thin knife around the pudding close to the sides of the pan, and reaching the bottom. It is a tender pudding, and will sometimes break in two in dishing.

Put the dish it is to be served in upside down over the boiler, and then turn over the latter. The pudding should come out upright, in smooth cylindrical shape, with a tender brown surface.

Eat with foamy sauce.

BOILED FRUIT PUDDING.

Sift three cups of flour, and mix in one teaspoonful of soda and one of salt. Stir in one heaping cup of stoned raisins, and half a cup of washed and dried currants, or, an equal quantity of dates or prunes, cut in small bits.

Cream half a cup of solid butter, mix gradually with it one cup of molasses, then one of good milk or cream.

Beat three eggs very light ; whites and yolks separately, if you have time, beating both together, as usual, when finished.

Pour the molasses, butter and milk into the mid-

dle of the flour, and begin to stir, as you do in making a cake batter. Turn the beaten eggs in, as the flour mixes, and stir all up well and light.

Have your pudding-boiler well buttered; turn in the pudding; set it in a kettle of boiling water; cover both boiler and kettle.

Boil two hours. Serve with foaming sauce.

BOILED INDIAN PUDDING.

Sift a scant quart of Indian meal, mix with it a teaspoonful of salt.

Boil a quart of milk. Pour it gradually to the meal, stirring and beating well and smooth. While hot, stir in one cup of broken butter.

Add, and beat well in, a cup of molasses.

Have a tin pudding-boiler ready, well buttered, and a kettle of boiling water on the fire to set it in. These being at hand, dissolve an even teaspoonful of finely pulverized soda in as little water as possible, beat it quickly and lightly into the pudding until it breaks in effervescence; then turn it without delay into the boiler, cover tight, set in the boiling water, cover the kettle, and boil steadily for three hours.

Turn out carefully, like a boiled bread pudding. Eat with cream or butter.

Country housewives often mix fruit with these puddings for boiling. Sweet apples, pared and cut small, or chopped, — or berries, fresh or dried, make a good addition.

BAKED INDIAN PUDDING.

Make ready: One scant half-pint of sifted Indian meal. — One scant half-pint of molasses. — Two round tablespoonfuls of solid butter, creamed. — One quart of milk, scalded in a double boiler.

When the water boils around the milk, turn the latter gradually to the meal, stirring evenly. When well mixed, return to the boiler, or put in a saucepan over the fire, and boil and stir till thickened well and smooth, like a porridge. Add a teaspoonful of salt. Take from the fire, and stir in the molasses.

Have ready an earthen baking-pan, well buttered.

Add the creamed butter to the pudding-mixture last of all, and beat well.

Pour into the pan, and bake two hours, in a steady oven; then *stir the pudding thoroughly up*, and bake from a quarter to half an hour longer.

Materials and heat of oven may somewhat vary the baking at different times; therefore watch, and manage accordingly.

Turn from the pan into a dish for the table.

HUCKLEBERRY PUDDING.

Mix like "Huckleberry Cake," using full measure of flour.

Boil in buttered tin, like the preceding puddings, with care for the close covering and the steady boiling. Three hours.

PLUM PUDDING, BOILED OR BAKED.

Make ready: Two cups of cracker crumbs. — One cup of stoned raisins. — Half a cup of currants, washed and dried. — A quarter of a pound of citron, cut in slips. — One teacup of solid butter, good measure. — Half a cup of molasses. — One cup of sugar. — Two teaspoonfuls of mixed spice. — The grated rind of a large lemon; or the dried and pounded rind of an orange. — One teaspoonful of salt. — One quart of milk. — Six eggs.

Dredge the fruit with flour, so that each bit will be coated.

Melt the butter, stirring it so that it may not turn oily, but be taken off the fire the moment the last bit dissolves. Mix this with the cracker crumbs until all are buttered and crisped alike.

Set the milk on to boil in a double boiler.

Beat the eggs, yolks and whites separately, then together. Beat the sugar to these, shaking in the spice, and lemon or orange rind.

Turn the hot milk upon the cracker crumbs, then boil up and stir until well thickened. Add the salt and molasses.

Stir in the eggs and sugar.

Scatter in the fruit, — first the currants, then the raisins, then the citron, stirring all the time, to mix them evenly,

Put in a tall earthen mould or pan, well buttered,

and cover. When it begins to bake, stir it up with a fork, that the fruit may not settle. Bake three quarters of an hour, then uncover to brown.

Or, boil in a tin mould, like Indian pudding, three hours. Uncover, after half an hour, and stir up, as in baking.

RICE, TAPIOCA, AND SAGO PUDDINGS.

All soft-mixed puddings of this character, which are to be baked, are prepared in similar fashion, and with the same little specialities to secure their perfection.

Each of the above-mentioned articles should be washed in several waters, and then soaked in part of the milk intended for the making of the pudding. Each should then be boiled in the whole measure of the milk so intended. Then the butter should be stirred in hot. Then the sugar and salt. Then the yolks of eggs, beaten to a thick foam, with the spices. Last of all, the whites of eggs, beaten to stiffness.

The pudding is then poured into a well-buttered dish, and set immediately in an oven of the right heat for baking cake.

It must be watched after it begins to brown; being shielded, if browning too fast, by putting a plate or flat dish over it upon the grated oven-shelf. Do not cover with paper upon the pudding-dish itself, as this will stick to the crust, and tear it off when lifted.

The beauty and deliciousness of these puddings

depend upon a thorough, unhurried baking, and a delicately browned, frothy crust.

Any of them may, if desired, be finished with a meringue.

RICE PUDDING.

Take a gill of rice for a quart of milk.

Pick it over carefully, wash it, and soak it in half the milk, for an hour or more, as you have time.

Meanwhile, have ready a cup of sugar, half a cup of solid butter, a teaspoonful of cinnamon mixed with half a teaspoonful of mace or nutmeg; or, instead of spice, the grated rind of a lemon.

Put the rest of the milk with the rice, and put all into a tin inner boiler set in hot water. Boil, stirring well and often, until the rice is so swelled and cooked as to pretty well take up the milk.

Beat the yolks of four eggs. Then the whites.

Take the rice and milk from the fire, stir in the butter, sugar, and a teaspoonful of salt.

Beat the spice or other seasoning with the yolks of eggs and stir them to the pudding.

Beat in the whites, and pour the pudding into the buttered dish.

Bake from three quarters of an hour to an hour; until the top is evenly and handsomely browned. Turn in the oven as may be needed for baking evenly.

TAPIOCA PUDDING.

Soak a cupful of tapioca, well washed, in a pint of milk. Prepare it early in the forenoon, and let it remain as long as time will allow.

Add another pint of milk, and proceed precisely as with rice pudding.

SAGO PUDDING.

Soak a cupful of sago, well rinsed, in a pint of milk. It will not need to soak more than an hour.

Proceed as with tapioca.

Sago pudding is very nice seasoned with mixed spice. A round teaspoonful to the above measures.

LEMON PUDDING.

Make ready: One quart of milk. — One cupful of fine cracker crumbs. — Grated rind and strained juice of two lemons. — One *heaping* cupful of sugar. — Half a cupful of solid butter. — Five eggs.

Boil the milk in an inner boiler.

Turn it upon the cracker crumbs. When well mixed, return to the boiler, and boil and stir till fully swelled. This will take but a few minutes.

Stir in the butter, sugar, salt, and lemon rind.

Beat the yolks of eggs thoroughly; then the whites.

Beat the yolks to the pudding; then the whites; last of all, quickly, the lemon-juice.

Turn into a buttered dish, and bake like the preceding puddings.

Orange pudding may be made in the same way.

SANDWICH PUDDINGS.

By these I mean puddings of fruit and bread, either in slices or crumbs, made in layers, and baked. They are all after the same plan, and like every other class of dishes may, when understood as a class, be varied and multiplied according to one's own pleasure and ingenuity.

BREAD AND BUTTER PUDDING.

Cut bread enough in very thin slices to almost fill a baking-dish.

Butter each slice evenly.

Butter the dish well, and lay the slices in, in layers, with washed and dried currants scattered between.

Prepare a custard mixture, by "Custard" recipe, using a round teaspoonful of salt, and pour it over the slices so arranged, filling the dish. Keep what is left to fill up with.

Let it stand and soak, putting a plate over it to keep the bread down, until thoroughly soft. Add any remainding custard, as the bread takes up the first.

It will take an hour or more to soak, and you must allow an hour for baking.

Eat with foaming sauce.

BREAD AND BUTTER PLUM PUDDING.

Make ready: Two baker's brick loaves, of which you will not use quite the whole. — Three pints of milk. — Nine eggs. — One cup of sugar, and one of molasses. — Grated rind of one lemon. — One cup and a half of stoned raisins. — One teacup of currants, washed and dried. — Half a pound of citron, in slips. — A teaspoon of salt. — Two of mixed spices.

Cut the bread in slices half an inch thick. Butter them thickly.

Butter thickly a deep earthen pan.

Put in a layer of the buttered bread, cutting and fitting the slices so as to neatly fill the round of the pan.

Scatter over this layer some of each kind of your fruit, — also the lemon rind, — distributing in proportion of each according to the proportions of your whole quantities.

Continue in this way until you have nearly filled the pan, leaving space of perhaps one layer — not much more — for the swelling of the bread and the filling up of the custard.

Boil the milk; beat the eggs, adding the spices; put the sugar, salt, and molasses into the hot milk; turn this gradually to the beaten eggs; all in accordance with directions for mixing custard.

Pour the custard over the pudding until the pan is full; then let it soak until you can pour in more

Keep the custard well stirred as you go on, that the spices may not settle; also pour in at the sides and into any interstices, that all may reach downward as equally as possible. Do this until you have got in the whole or all you can. Cover with a plate a little smaller than the pan, press down, and let stand several hours, — adding from time to time any remaining custard.

Another way — and perhaps the best — is to prepare the custard as soon as your bread is buttered, and all else ready; then place the layers, and pour over each some of the custard; finish by pouring in all you can and letting soak down as just directed.

Turn a dish or pan over it when you remove the plate and put it in the oven. This is to keep the top from burning, and at the same time allow the pudding to rise. Bake slowly as long as you can without drying and scorching; removing the cover toward the last, to let the top brown.

You will perceive when it is done, by its evident consistence, and light, but outwardly crisp, perfection. Allow two hours.

Make a fine foaming sauce to eat with it.

This pudding is even better when warmed over than at the first serving.

Cut it in slices; put the remainder of the sauce — or, if none is left, some fresh made — in a large clean frying-pan; lay the slices in, and as they heat, turn them and change them, so as to fry and brown

them a little. Serve in a dish with the sauce poured over them.

A sauce for this warming up may be quickly improvised, without all the beating necessary for the first foaming sauce. Stir the usual proportions of butter and sugar slightly together, putting a very little hot water to them to melt them; then turn into the pan, with a cup of boiling water to the one cup each of butter and sugar. Remember, however, that it must be a scant measure of broken butter to a heaping measure of sugar.

Stir together, and let the sauce simmer up; then lay in the slices of pudding. Let the heating and browning go on slowly, for twenty minutes or half an hour.

Still less butter may be used if you do not like so rich a dish.

APPLE SANDWICH.

Butter well very thin slices of light, sweet bread.

Pare and slice thinly some mellow, pleasantly acid apples.

Have ready a well-buttered baking-dish, a bowl of sugar, and the mace and cinnamon boxes.

Place a layer of bread and butter in the bottom of the dish, and just wet it through with hot water.

Over this put a layer, several slices deep, of apple. Sprinkle it with sugar, scatter a good pinch of cinnamon evenly over it, and then a very tiny pinch of mace.

Repeat these layers, using always the proportions

indicated, until the dish is full. Let the last layer be of bread, and butter these slices on both sides. Wet the last layer, like the first, with a little hot water.

Cover with an inverted plate held down with a weight, and bake slowly as long as you can without overdoing to dryness. Allow two hours, and take out sooner if well done.

Remove the plate once or twice, and baste the top of the pudding, if needed, with a few spoonfuls of hot water in which a little butter is melted. If the apples are not very juicy, it is well to pour a little water into the pudding at the sides.

Toward the end of the baking, remove the plate altogether, and let the crust brown nicely. You had better do this half an hour before taking the pudding out.

Eat with cream and sugar.

BERRY SANDWICH.

Make in the same way as the preceding, except that you substitute huckleberries, blueberries, blackberries, or raspberries, for the apple.

Put in deep layers of the fruit, and use sugar plentifully, especially with acid berries.

The same pudding may be made with prepared fruit sauce, of such kinds as need stewing — as gooseberries, rhubarb, plum, etc. Also with fresh or canned peaches ; indeed, with almost any fruit or preserve ; but berries, well heaped in and sugared, bear the palm.

Eat with sugar and cream.

APPLE OR BERRY SCALLOP.

Prepare a sufficient quantity, — say a cup and a half for a common-sized pudding, of fine cracker crumbs.

Melt half a cupful of butter, and stir with the crumbs, till they are evenly and separately shortened.

Butter a dish, and put in crumbs and sugared fruit in layers, as in the preceding recipes. Wet the first and last layers of crumbs with hot water, and make light layers of crumbs throughout.

In using any fruit which is not abundantly juicy, it will be necessary to moisten each layer, or even to pour some hot water — a teacupful or more — over the whole when you have filled the dish.

MERINGUE.

A meringue is a dainty addition to very many puddings. It is also very convenient in making a second use of pudding remaining from a first day's dinner. You can break the remnant up lightly into small bits, place them in a fresh dish well buttered, and pile a meringue on the top. Put into a slow oven, that the pudding may heat through by the time the meringue browns.

Make a simple icing, as directed for icing cake. Flavor it in any way you prefer. Pile it up high on the top of a pudding or pie, and set in the oven until it browns.

The whole dish should be *cold* when put together. Anything hot will liquefy the white of egg before it sets, so that there will be a disagreeable glutinous liquid between the meringue and that which is below it.

BATTER AND CUSTARD PUDDINGS.

BATTER PUDDING.

Make ready: Two cups of sifted flour. — Two cups of milk. — Four eggs, yolks and whites separate. — One scant teaspoonful of salt. — Two saltspoonfuls of cream-tartar, and one of soda.

Mix the cream-tartar with the flour.

Dissolve the salt and soda in a little of the milk.

With the rest of the milk, stir the flour gradually to a smooth batter, and beat it well, according to the directions for a "Simple Batter," in the early part of this book.

Beat the yolks of eggs to a thick froth.

Beat the whites till they stand alone.

Beat both together, and then into the batter.

Have your pudding-boiler well buttered, and your boiling-water kettle in readiness, and last of all, beat the dissolved salt and soda into the batter, and immediately put it in the tin, and that into the kettle. Boil two hours, *without stopping*.

The same pudding may be baked. Three quarters of an hour to an hour.

SUNDERLAND PUDDINGS.

Made like "Popovers." Eat with foaming sauce.

PANCAKES.

Made like batter pudding, and fried, by spoonfuls, in boiling lard, like doughnuts.

Have them fried while the meat course is being eaten, piled on a dish, and sugar sifted over them.

Eat with sugar and wine, sugar and cider, or sugar and lemon-juice.

CUSTARD PUDDING.

Boil one quart of rich milk.

Meanwhile, beat, without separating, six eggs.

Take off the boiled milk, stir into it a cup of sugar and a teaspoonful, barely level, of salt.

Turn the milk, slowly, to the beaten eggs, stirring as you do so.

Flavor with any essence. A teaspoonful of dried and pounded orange peel, boiled in the milk, is nice.

This may be boiled, steamed, or baked.

If the first, put the custard in a pitcher; set the pitcher in a kettle with boiling water round it. Take a long spoon, and stir it constantly and thoroughly, until it thickens to a consistence like that of rich cream. This is one of the delicate, critical things in cookery. It must really thicken; but it must not stay on the fire an instant after it comes to the right

point. Watch the color and the *feel* of it, as you stir. The former will change from the raw egg yellow to a mellow, pale shade. The different consistence will be apparent to touch and sound. You should also try it constantly after the first signs of cooking appear, by both pouring from the spoon and tasting. You can judge by the soft, thick way of dropping, and the especial cooked flavor of a custard as you will recognize it.

It will thicken a good deal in cooling; therefore do not expect to make it reach the familiar *table* consistency before removing it from the fire. A custard will curdle the moment it has passed the thickening point.

To *steam* custard, put the whole in a round dish, and set it in a steamer over boiling water. Cover, and leave between ten and fifteen minutes. Then watch till done. To determine this, lift the steamer off, set it on a table, and try by slightly tipping and shaking the dish. Also, by putting the thin blade of a silver knife into the middle of it. It should tremble with a *coherency*, like a very delicate jelly; and the knife should show a *cut*, not a liquid centre.

To *steam in cups*, set as many as you conveniently can in the steamer, and fill them with the custard from a ladle or a little pitcher. Cover the steamer, set it over the boiling water, and leave ten minutes, or a little less, if the cups are small. Then watch and test as custard in a dish.

For *baking* custard, allow twenty minutes, then

watch and test as before. Watch cups after ten minutes.

PIES.

APPLE PIE.

Pare and quarter — taking out all the core from each quarter, by cutting around it to the depth marked by the little vein-line — enough pleasant apples to fill a deep baking-dish, well buttered.

Cover them with a thick layer of sugar, and drop over it three tablespoonfuls of rose-water, and some scattered bits of butter.

Put a rim of pie-crust, an inch wide, around the dish above the apple, roll out enough for a cover, and fit it on. Make a little cut in the middle of the cover, and press the edges slightly apart, to afford an escape for the steam.

Bake in an oven that heats well at the bottom, and take out when the crust is nicely done.

SLICED APPLE PIE.

Pare the apples and slice them very thin.

Butter your pie-plates, and cover each with crust. Fit the paste into the curve of the plate, letting it drop in and gently smoothing it towards the edges.

Put in an even layer of apple, covering the bottom well. Sprinkle it with sugar, and scatter finely, from between your finger and thumb, a small pinch of cinnamon upon it. Grate over it the merest dust of nutmeg.

Repeat the layer of apple. Lay slices all around the rim, ends outward, and lapping one slice neatly over another. The tips of these slices should be just within the outermost edge of the pie.

Sugar this second layer, and scatter cinnamon and nutmeg, as you did over the first. If your plate is not yet sufficiently full, put a third layer of apple in the middle, within the row of lapped slices. Sugar and spice in same proportion as before. Put a few little bits of butter over all.

Take just enough paste from the bowl to roll into a round to cover. Fit it on, not stretching it, but allowing it rather to drop within the rim, that it may not shrink from the edges in baking. Trim the edge, and make a little stab in the middle.

Bake in an even, steady oven. When the crust is done, the apple ought to be ; but you can examine it by lifting the edge of the upper-crust carefully. If it requires more time, and the crust does not, put a paper over the pie, and, if necessary, raise it from the bottom of the oven by slipping the grating, or a hot tin plate, under it.

Be sure and have the under-crust well done. You can ascertain this by lifting the pie from the plate with a knife. The whole pie should slip upon the plate, if properly baked.

SAUCE-FILLED APPLE PIES.

Fill a buttered earthen pan with tart apples, pared and sliced. The slices need not be very thin.

Scatter in grated lemon or orange peel, adding the juice; or sprinkle with cinnamon and nutmeg, as in making "Sliced Apple Pie," and put in a spoonful or two of water. Cover with a thick layer of sugar, and drop some small bits of butter upon it. Put a plate over, and bake till soft.

Put away till perfectly cold, before filling the pies.

Cover the pie-plate, which should be of the old-fashioned kind recommended in Section I., with flat rims, with an under-crust; roll out a piece of paste in a strip, and cut it into rim-trimmings three quarters of an inch wide. Wet your finger in a cup of cold water, and pass it around the edge of the under-crust. Lay the border-strip of paste neatly on the rim, cutting it to meet in an even join.

Fill up to the border with the cooked apple, cover with another round of paste, nicely trimmed at the edge, and prick this top-crust ten or twelve times, at regular distances, with a fork.

Bake till the crust is handsomely done.

RHUBARB PIE.

Peel the rhubarb stalks, and cut them in very small bits.

Fill the pies in layers, well covered with sugar. Grated lemon peel is the nicest flavoring for rhubarb pies. They do not need the juice.

Make up and manage just like apple pies. Make a good cut in the upper-crust, as rhubarb is very juicy, and the syrup will easily boil out.

CHERRY, BERRY, PEACH, AND OTHER FRUIT PIES,

Are made in like manner to the above. They should always be made in deep plates or dishes, because of their abundant juiciness. Shallow nappies are the best.

Summer fruits require no flavor but their own. Spices are an impertinence.

Cherries should be stoned. Peaches, of course, are pared and cut up.

Raspberries are best without an upper-crust.

Cranberry tarts, pie-size or small, are simply made by filling the paste with a strained cranberry sauce. Prepare the berries as directed in that recipe, so far as the scalding and stewing are concerned. When they have boiled the required time, take them off and rub them through the sifter, and set away to grow cold. Just before filling the pies, stir in the same measure of sugar as for cranberry sauce, but *cold*. It will then bake, in the pies, to the right consistence. No covers, of course. Little strips of paste, cut with notched edges, by a wheel cake-cutter, may be laid across the tops. But I prefer to have simple broad rims to the tarts, and then serve little pastry strips, in a separate dish, for those who like the accompaniment.

For these *strips*, roll out a sheet of paste as near a rectangular shape as you can, and cut, with a sharp knife dipped in flour, *very* narrow ribbons, not more than a quarter of an inch wide. Divide these into

finger lengths, and bake in pans. They are very crisp and delicious with custards and other sweet dishes, and with coffee.

For small *tarts:* Roll out a sheet of paste, and cut rounds of the size of a tumbler. From half of these, cut out the centre with a smaller cutter. For the two sizes, a sharp-edged tumbler and a wine-glass will answer.

The rings to be laid on the moistened edges of the whole, large rounds, for borders. The little rounds to be baked for pastry-cakes.

Fill the tartlets up to the level of the borders, for making which it is well to roll the paste thicker than for the under-crust.

They may be filled with pie-mixture, and baked ; or filled after baking with jam or jelly.

LEMON PIE.

Grate the rind and strain the juice of two lemons.

Core, pare, and chop fine one large, tart apple.

Pound one soft cracker very fine.

Melt two teaspoonfuls of butter, and mix with the cracker crumbs.

Mix the lemon rind and juice with the chopped apple, and stir with them two level cups of sugar.

Beat the yolks of two eggs to thick froth, then the whites to stiffness, then both together. Beat these with the lemon, apple, and sugar.

Mix the buttered crumbs with all.

Cover pie-plates, put a broad rim around their

edges, and fill as tarts with the mixture. Bake twenty minutes, or until the crust is done.

Orange pie in the same way, with less sugar.

CUSTARD PIE.

Make your pie-crust before you begin your custard.

Take a quart of the richest milk you can get. If half cream, it will be none too good, though one may be thankful for less. The reason for requiring this richness is that the custard must be prepared cold. The cooking comes in the oven. And unboiled milk makes, other things equal, a much inferior custard to that which is boiled.

Beat the yolks of four eggs very light. Then the whites. Then both together.

Spill a level teacupful of sugar into the eggs, and beat all well.

Add gradually the milk, and stir thoroughly together. Put in a level teaspoonful of salt, and a teaspoonful or more of any flavoring essence. If you prefer spice, that should be stirred into the eggs and sugar before the milk is added.

After covering your deep pie-plates, and rimming them handsomely with paste, fill them *nearly* full with the custard mixture, stirring it before each filling. Set the plates in the oven, and then, with a little pitcher or a ladle, fill them up carefully to the rims. A custard or squash pie should never have the filling dripped or slopped over upon the edge-crusts.

Watch, turn, protect above, with a pasteboard or thick paper slid upon the oven grating, if the custard threatens to brown too fast or blister. Bake till the custard is firm, see "Custard Pudding," and the crust is done.

SQUASH PIE.

Prepare as for the dinner table, by steaming, mashing, and seasoning with butter and salt, enough of a very nices quash to make, when ready, about a pint and a half.

While the squash is being steamed and mashed, make a custard as for custard pudding. Turn this custard, gradually, while still hot, to a pint of the hot squash, stirring smoothly. You can add a part, or all of the remainder of the squash, as you find needful, or as suits your taste, I think squash pie is nicest to be made with good custard, and rather thin than thick with the squash; but many like a really substantial mixture, true to its name. If *too* thin, there will be danger of the custard forming separately, at the top, in baking. I should say, leave it by no means liquid, but do not make a pudding of it. Bring it to a *just perceptible* squash consistency, that looks and tastes as if it would keep and confirm its character in the cooking. Perhaps a good rule is to make it of the quality of a custard very delicately thickened by boiling.

Fill and bake like custard pie.

MINCE PIES.

The proportions of the following recipe are given as a good basis. When these are mixed, taste, and judgment must decide if the quantity of any of the ingredients would better be increased. I have kept far within the average limits of the cook-books in respect of spices, for I always prefer to leave something to be added, and I believe in subdued undistinguishable flavors, rather than those at all exaggerated or pronounced.

I prescribe "Mixed Spices," directions for which will be found elsewhere in the book; therefore addition may be easily made, without altering tone unless you desire to alter it.

You may use either suet or butter in preparing mince-meat. I like the latter myself and it is far less trouble.

Whatever further moistening may be needed, after using what is given in measure below, may be made up with any syrup you may have left from preserved fruit, water with jelly dissolved in it, as you would prepare for a summer drink, or molasses and boiling water, mixed half and half. The vinegar-syrup from sweet pickle is nice to help out the mixture. Or you may boil some vinegar-syrup on purpose, — equal measures of sugar and cider-vinegar. Just make the whole liquid mixture a pleasant counteraction of sweet and sour, the *bright* taste prevailing.

Be sure that there is salt enough to bring out all

the other flavor. Often, when a higher flavor seems necessary the apparent tameness is only a deficiency of this. Salt may be used to the verge of *tasting* salt; never beyond.

Make ready, — at a convenient time beforehand, — for every two pounds of meat: Two pounds of fine raisins, stoned, and cut with a clean pair of scissors into bits, about three each. — One pound of dried currants, thoroughly washed, dried, and picked over. — Half a pound of citron cut in slips.

Make ready, — the day before you make your pies: A good fresh beef-tongue, washed; put on in boiling water with a handful of salt in it, and boiled till perfectly tender. Try it with the knitting-needle. When done, take it out, skin it, and return it to the hot liquor. Let all grow cold together.

If you use suet, take one pound to two of meat, pull off all the thin membrane, separating and picking over the pieces of suet thus detached, and chop it, in a cool place that it may not grow cloggy by melting, until it is as fine as dust. Set it away to keep cool till the meat is ready.

When the meat is cooked and cold, trim away from it all gristle, and poor, unpalatable parts, with bits of bone, about the roots. Weigh, of the nice, selected portion, whatever quantity you wish to make into mince. I am giving measures of other

ingredients suited to two pounds of meat, which will make as much mince, when all put together, as would ordinarily be worth while to prepare at one time.

Chop this meat just as fine as you can.

Now mix it thoroughly with the powdered suet. *Or*, if you use butter instead, take a *short-weight* pound for the two pounds of meat, or measure a pint of broken butter, in pieces small enough to lie fairly close, but not packed. Melt it, stirring it till it liquefies. Then mix it with the chopped meat.

A fine housekeeper tells me, as I read this over to her, that a piece of nice salt pork, perfectly fat, boiled about an hour to take away the rawness, and chopped fine, is an excellent substitute for suet. In chopping, put a little of the chopped meat into the tray with it to keep it from clogging.

Take four heaping tablespoonfuls of mixed spice. — Two heaping tablespoonfuls of salt. — Four heaping cups of brown sugar. — Grated rind of four large lemons.

Mix these well together, and all with the chopped meat.

Take juice of the four lemons. — Two cups of molasses. — Two cups of boiled cider. — One cup of brandy, and one of wine.[1]

Mix these together, and well into the mince-meat.

[1] Equal measure of some spicy fruit and vinegar-syrup, as suggested on page 230, will quite well substitute these two last, — be more economical, and less open to objection. Sweeten accordingly.

Lastly, stir in your fruit, one kind after another, raisins, currants, citron, till all is equally mixed. Do all this last stirring with your hand.

Pack the mince into a bowl or jar, cover tight, and set away till the next day.

Make ready, the morning of your pie-making, enough apple, chopped into jam, to measure twice as much as the chopped meat. Mix, with your hands, apple and meat thoroughly together.

Now, if necessary, add moistening, according to suggestion in preliminary paragraphs. Make the whole as soft and moist as an easily stirred — not watery — sauce.

Taste carefully, and see that salt and sugar are right, and use your own discretion as to increasing or modifying flavors. Remember the injunction in regard to flavoring soups: *Every condiment should hide itself, and help all the rest.*

Make your crust by directions for best pastry. Fill and make up your pies as shown for apple pies.

Bake the crust handsomely; the meat is already cooked; and if the apples are mellow, juicy, and well chopped, they will be done also.

SECTION III.

RECIPES.

PART X. — JELLIES, BLANC-MANGES, AND CREAMS.

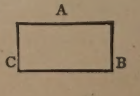
JELLIES.

The jellies treated of in this division are *water* jellies ; prepared with the natural gelatine of meats, calves' feet, veal, chicken, etc., or with the manufactured gelatine ; also with sea-moss, or with farinaceous thickenings, as arrowroot, corn-starch, tapioca, sago.

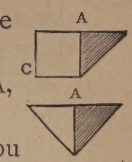
They are of the same order, and are used for similar serving, at desserts, etc., with blanc-manges and creams. The meat jellies, with merely a broth seasoning, — and the spiced jellied-meat, — depart from the last classification, but are nevertheless of the same *order* still ; therefore I put them here, with the recipes of which they are but a variation ; the aim being always in this little grammar to illustrate principles of composition, and to let one so lead up to another in practice that no prescription shall be an arbitrary thing of rote and memory, but shall almost make itself, as a natural corollary from all which immediately precedes.

JELLY-BAG.

Take a square half yard of firm, closely-woven, unbleached sheeting, and double it, thus :



Now turn up the corner B, to the middle of the open edge A, thus:



Turn up the corner C, to the middle A, *on the other side*, thus:

Pin or baste the folds at the top, and you can then open the edges and have a pointed bag, in which there is no seam for leakage or accumulation. The pointed ends of the opening can be doubled down for the running through of two sticks, or rods, which will support the bag across a jar or otherwise, for the dripping of the jelly.

Four pins will accomplish the shaping, there will be no need of a cane or whalebone to hold the mouth open, and when done with at one time the bag can be unpinned and washed as a plain square of cloth. Hem the edges for the sake of neatness and durability. Scald and wring out before using.

COXE'S GELATINE.

An ordinary ounce and a half package of Coxe's Gelatine will make three pints of any water, fruit-juice, or wine and water jelly.

A package of gelatine *measures* a gill and a half, equivalent to about six round tablespoonfuls. You can divide, accordingly, into smaller proportions, in making smaller quantities, or, still better, cut empty boxes into lesser measures: a half, a two thirds, and a single third. You will find these the fractions usually required.

Of *sea moss:* A round tablespoonful will make a quart of jelly.

Of *arrowroot* or *corn-starch:* Three tablespoonfuls will make a quart of jelly.

Of *sago* or *tapioca:* One cupful will make a quart of jelly.

Allow for wine, lemon-juice, or rose-water to be added; taking the measure from the measure of the water. A *gill* will allow for four lemons.

WINE JELLY.

Make it the day before using; or early in the morning for use at evening.

Put a box of gelatine into a bowl with a half-pint and a gill of cold water, and soak it from fifteen minutes to half an hour, as you have time. It must be swelled and softened to a jelly-like consistency.

Grate the rind and squeeze the juice of four lemons. Put as much sugar into the lemon-juice as it will take up, not *waiting* to let it dissolve, but stirring it in quickly, until thick. Mix the grated rind with this.

Pour one pint and a half of boiling water to the lemon and sugar; stir; then stir in the gelatine until dissolved.

Add a half-pint of wine, which makes up, with the lemon-juice, the liquid measure; stir; then strain into moulds, or a bowl.

Set on the ice, or in the coldest place you have, until it hardens.

When cooled in a bowl, cut it across and across with a silver knife, and fill your glass dishes from it

with a spoon: breaking it up as much as you can into crystals, and piling it lightly.

In a liquid form, it is a very nice and strengthening drink for invalids. It can be kept liquid by putting it warm into a bottle, and taking care to set it where there will be warmth enough to prevent hardening. It can also be heated over at any time.

LEMON JELLY.

Soak a package of gelatine in a pint, less one gill, of water.

Make a rich lemonade in the same way as by previous recipe. Saturate the juice with sugar, and mix in the grated rinds.

Pour a quart of boiling water to it.

Stir in the gelatine; strain, and set away.

ORANGE JELLY.

Grate the rind and squeeze the juice of six juicy oranges. Add the juice of one lemon.

Soak a package of gelatine in a pint of water.

Mix with the rind and juice three gills of sugar.

Pour on enough boiling water to make a quart.

Add the gelatine; stir, and strain, set away to harden.

I have given an average measurement for the sugar. Of course, the quality of the oranges may require more or less. Reserve a part, if the fruit is sweet, and add, "to taste," after the gelatine is in.

In making either orange or lemon jelly, do not

strain the juice of the fruit. If a portion of pulp squeezes in with it, all the better for getting the whole benefit of juice and flavor. The straining is done when all is mixed.

JELLY OF FRUIT-JUICE.

Any fruit jelly, for immediate use, may be made from the fruit-juice, sweetened to taste, and the usual proportion of gelatine, a package for three pints, soaked in as little water as possible, till soft.

Fresh fruits may be mashed or chopped, with sugar to sweeten, and allowed to stand till the juice can be pressed and strained off.

Or, you may obtain the juice as directed for "Fruit Jellies;" simply sweeten it, and add the soaked gelatine, a package for three pints of *juice*. You need make no account of the water used for soaking the gelatine, as the fruit-juice itself will have so much of the jellying quality.

Whether the juice be cold or hot-pressed, put it on the fire after you have strained it from the fruit, boil, and skim it, before you pour it to the gelatine, then strain the whole through your jelly-bag.

SEA-MOSS JELLY.

Put a quart of boiling water, less one gill, into a saucepan. Shave into it the yellow rind of four lemons. Squeeze and strain the juice into a cup.

Set the saucepan on the fire, and let the water boil a few minutes, until the lemon flavor is ex-

tracted from the rind and the water is colored by it. Then take the pan off a little while, letting the water cool down from the boil to a heat that you could put your finger to.

Measure a well-filled, but not heaping table-spoonful of moss farina. Shake it into the water with the lightest, most gradual sprinklings, stirring all the while with a spoon in the other hand. Set the pan on the fire again, and stir until the moss is all dissolved.

Continue to watch and stir it until it comes to a boil, then set it back, or on the top of a teakettle, where it will keep at the scalding point, but not boil, for some time. You may leave it for your own convenience, stirring it now and then; but an hour is a good length of time, and less will do, if necessary. It must become clear; and will be more so for standing in a liquid state a good while before being set away to jelly. To keep it liquid is all that is needful after the first half hour. You may therefore remove it from the stove or hot kettle, and merely set it where it will be warm.

While it is still hot, however, add the lemon-juice made thick with sugar, as directed in "Wine Jelly," and a gill of wine, or more, to your taste. Use good sherry or Madeira.

Strain through a fine strainer or a jelly-bag.

This is a very pleasant jelly, and highly strengthening and nourishing. I have not allowed, in this recipe, for the measure of the lemon-juice, in mak-

ing up the quart; because the water is to boil long enough with the rind in it, to obtain the flavor; which will have sufficiently reduced it.

TAPIOCA, OR SAGO JELLY.

Soak a cupful of either — tapioca four or five hours, sago an hour or more — in a pint of water, first washing and rinsing well.

Add a pint of boiling water, stirring well, and set on the fire in a double boiler. Stir as it boils, until it absorbs the water, and grows clear and jelly-like.

Put in a level teaspoonful of salt, a teacup of sugar, and flavor as you fancy. Rose-water — three tablespoonfuls added after the jelly is partially cooled — is perhaps the nicest addition.

Eat with cream.

APPLE AND SAGO.

Make a preparation of sago as for "Sago Jelly," by soaking, pouring the boiling water to it, and stirring over the fire till it begins to thicken. Stir in the grated rind and strained juice of a lemon, and a level teaspoonful of salt.

Pare and core — leaving no bits of hull — enough tart, juicy apples to fill a baking-dish when laid into it side by side.

Mix a teaspoonful of cinnamon with a cupful of sugar, fill the holes of the apples, and scatter the rest over the whole. Grate some nutmeg lightly over the surface.

Pour your sago around and all over the apples, filling up the dish.

Bake three quarters of an hour, or as long as you can without drying or scorching. The apples must be thoroughly cooked. Cover the dish until nearly done; then brown.

Eat with sugar and cream.

CALF'S-FOOT JELLY.

Take four feet, scalded and scraped; put them on to boil in four quarts of water, with the thinly shaved yellow rind of four lemons, and one teaspoonful of powdered mace.

Boil till the water is reduced to two quarts, and the feet are all boiled to pieces. Then strain off the liquor through a colander, and again through a gravy-strainer. Set away till next day.

Take off every particle of fat from the cold jelly. Pat and wipe the surface with soft paper, or thin, soft muslin, to remove all greasy moisture.

Turn it out, and take off all the sediment from the bottom.

Cut up the jelly and put it in a nice preserving-kettle, with the juice of the four lemons and one pint of best granulated sugar.

Beat the whites of two eggs to stiffness, and stir in as the jelly melts. Boil twenty minutes, skimming carefully. Meanwhile, soak two tablespoonfuls of gelatine in cold water to cover it. Take off the jelly; add the soaked gelatine and a pint of good

sherry wine; stir till gelatine dissolves, and then let it settle for ten minutes.

Place your jelly-bag, — see "Jelly-bag," — after wringing it out of scalding water, across a jar, or between two supports over a bowl or jar, with a thin towel, also wrung out of scalding water, pinned to the top of it so as to drop a little within it.

Dip off the jelly carefully into these, a little at a time, filling up as it runs through the bag. Keep it by the fire till all strained; then pour into wet moulds and set in a cold place.

VEAL, OR CHICKEN JELLY.

Cut or chop the meat. Break and pound the bones.

Pack into a kettle, and fill this to three times the depth of the meat, with cold water, as directed for making soup.

Put in the rind of a lemon, thinly shaved, for every quart, and a teaspoonful of mace for four quarts.

Boil down to half, and set away the liquor till next day.

Finish, the next day, like calf's-foot jelly in every particular, adapting the proportions of sugar, whites of eggs, gelatine, and wine to the quantity of jelly you have, according to that recipe. The juice of the lemons whose rinds you have used is already proportioned by the same rule.

VEAL, OR CHICKEN JELLY, PLAIN.

Made by the same process as the preceding. The difference is in the seasoning, which is simply salt, pepper, and a little mace, put in with the first boiling of the meat. A teaspoonful of salt, and a saltspoonful of mace, to every two quarts of water, with white pepper added in careful "scatters," tasting as you go, just toward the last, will do for a rule.

Boil down to half, and set away. In finishing the next day, by the "Calf's-Foot" recipe as to *clearing and straining*, you may add to your first seasoning any further quantity of the same ingredients that may seem to your taste to be required. Keep it delicate. It should have the simple savoriness of a nice broth.

If the jelly was quite firm after the first cooling, you will not need to use gelatine, as in "Calf's-Foot Jelly," to which wine, etc., are added.

JELLIED VEAL, OR CHICKEN.

Cut meat and bone into convenient pieces, but do not mince or bruise them. Pack in a kettle, and cover with cold water to three times the depth of the meat in the kettle.

Boil slowly, skimming as it boils, until the bones slip out.

Boil an onion, separately, for every three quarts of water with the veal.

Take out the meat and bones, when done as above,

and set back the liquor where it will keep hot, but not boil.

Pick out all the nice part of the meat, and chop it very fine.

Mix with it, for every pint, a teaspoonful of salt, a pinch of mace, a pinch of celery salt, one of sweet marjoram, and a *tiny* one of pepper.

Put back into the broth, and boil down, stirring carefully, especially toward the end, till thick, like pudding. Taste while boiling, and add any of the seasoning ingredients, as you may think desirable.

Strain in a little lemon-juice; say, one lemon to three quarts of jelly.

Put into a straight-sided dish or earthen pan, either round or square, and let it harden.

Cut in slices, or serve whole. Very nice for the tea-table.

BLANC-MANGES.

Blanc-manges are milk jellies. They also are of two kinds, gelatinous and farinaceous.

They may be made with gelatine, moss, or isinglass, — of the first sort; or with arrowroot, cornstarch, or farina, — of the second. They may also be made with tapioca or sago, just as those water jellies are made.

Blanc-manges may be flavored — and christened accordingly — in various ways. Vanilla, rose, almond, orange, or lemon, — or wine and spice, — are used. As the milk preparation is first put together, and must be allowed to cool partially before adding

wine or an essence, you can always be guided by your taste in doing this.

Ordinarily, a brimming teaspoonful of any essence — three tablespoonfuls of rose-water, or a gill of wine and a round saltspoonful of spice — will be a safe measure for a quart of milk.

The grated rind of two lemons or oranges may be boiled with a quart of milk for blanc-mange; the milk being afterwards strained. The same may be done with the saltspoonful of spice, when this is used, the wine being added at the last, when cool.

Put an even teaspoonful of salt into the milk preparation for a quart of blanc-mange.

Chocolate blanc-mange is made by the addition of grated chocolate to the milk preparation, as soon as the gelatine or starch thickening has been added to it. A gill to a quart of blanc-mange; well stirred over the fire.

Of *gelatine*, half a box, *in cold weather or made twenty-four hours previous and set on ice*, will make a small quart of fresh, rich milk into blanc-mange. For an *old-measure* quart, especially in warm weather, or without ice, or made the day of using, you must take two thirds of a box.

Of *sea-moss*, one even tablespoonful will make a quart of blanc-mange.

Of *corn-starch* or *arrowroot*, three tablespoonfuls will make a quart.

Of *farina*, one gill will make a quart.

Of *sago* or *tapioca*, a cupful will make a quart.

SIMPLE BLANC-MANGE WITH MOSS.

Set a quart of milk, the richer the better, to boil in a double boiler.

Measure a full, not heaping, tablespoonful of *moss farina* (the best form of the sea-moss for cooking), and shake it very lightly and gradually into the milk before it heats to the scald; keep stirring until the moss is quite dissolved, and the milk is boiling hot.

It is not necessary that the milk should actively boil; but it must be at the boiling point, and should stand, like moss jelly, after the moss is dissolved and there is no longer any need of stirring, a good while in a place where it will keep almost at the simmering point. You may attend to other things and leave it for an hour. This continued scalding makes the blanc-mange finer and whiter.

Stir occasionally, however, to keep the skim from forming.

Put a scant teaspoonful of salt into a quart of blanc-mange.

Cool and flavor. See introductory instructions, just previous.

WITH GELATINE.

Soak two thirds of a package in a cupful of the quart of milk, until swollen and softened to a jelly. Half an hour will do.

Put the milk on to boil as before. When at the boil, stir in the gelatine. It will dissolve almost instantly; but you must stir until you are certain that

it has done so. The blanc-mange is now made, except for the addition of salt and flavoring. Let it cool before you make this.

WITH CORN-STARCH OR ARROWROOT.

Take out a cupful of your quart of milk to wet the starch or arrowroot. Put three round tablespoonfuls of either of these into a small bowl, and wet very gradually to perfect smoothness. Do this while the milk is coming to a boil. As it does so, pour the thickening gently in, stirring steadily throughout.

Let it continue to boil, still stirring, five minutes, to cook the starch. Cool and flavor.

WITH TAPIOCA OR SAGO.

Soak half a pint of either in as much cold water, first washing and rinsing well. Soak tapioca over night, keeping it covered. Soak sago an hour or two.

The tapioca will swell, and take up all the water; the sago, beside being soaked less time, will not swell so much. Allow, therefore, three half-pints of milk — which should be as creamy as possible — to make the quart with the measure of water already absorbed, in using tapioca; with sago, turn off any water that is not taken up, and allow that much over the three half-pints of milk.

You may use milk instead of water to soak with, only in that case do not soak tapioca over night.

Three or four hours will do, with a good boil afterward in the whole quantity of milk.

Put the milk on to boil, and when at the boiling point, stir in the tapioca or sago. Boil fifteen or twenty minutes, stirring almost constantly.

Take off, and stir until partially cooled. Salt and flavor.

Remember that all blanc-manges must be cooled before essences or wine are added.

Put cold water into blanc-mange moulds, and let them stand while the blanc-mange is making. Pour all out just before you put in the blanc-mange, which you do as soon as the seasoning is in. Set away in a cold place.

WITH FARINA.

Use a gill of farina to a quart of milk.

Set the milk on in a double boiler, shake in the farina as you do sea-moss, while it is heating, and finish like "Sago," or "Tapioca Blanc-Mange."

CREAMS.

The addition of *egg and sugar* to simple blanc-mange brings it into the class of simple creams. The milk, also, is used as rich as can be commanded. I should rather, perhaps, say that it should be as good cream as can be commanded; although very nice preparations can be made of good milk.

"Spanish," "Italian," and other fancy named creams, are but variations of this class.

The yolks of four eggs, beaten very light, — a cup of sugar, — with half a box — or more, as explained in case of "Gelatine Blanc-Mange" — of gelatine to a quart of milk, make the usual proportion.

Scald the milk, — soak and dissolve the gelatine, — as already directed for "Blanc-Mange." When this is accomplished, take the milk off the fire, stir in the sugar and the usual even teaspoonful of salt, and then pour slowly to the beaten yolks, stirring all the time. Return to the double boiler, and stir over the fire until the water in the outer kettle boils again; this kettle not having been removed from the fire at all.

Cool enough to add the flavoring, and pour into the moulds.

Use *two* teaspoonfuls of vanilla, or other extract, for a cream made with a quart of milk, as the added materials increase the final quantity, and also have a flavor of their own to be modified.

WHIPPED CREAMS.

"Charlotte Russe," "Bavarian Cream," "Chocolate Cream," etc., are made in a similar way, with the addition of the whites of the eggs, and with the difference of a thorough whipping, first to the mixture of hot cream, gelatine, and yolks of eggs, prepared as in foregoing directions, and then to the whole after the addition of the whites of eggs, these last having been beaten separately to a stiff froth.

Cream is indispensable to these dishes.

"Velvet Cream," "Flummery," and snow for "Snow Custard," are made by a similar process otherwise, but with the whites of eggs only.

The following measures suppose the large quart, or the half-pint cupfuls.

CHARLOTTE RUSSE.

Soak two thirds of a box of gelatine in a cup of good milk.

Put three cups of good cream to scald in an inner boiler.

Beat the yolks of six eggs to a thick foam.

Stir and dissolve the gelatine in the cream at the boiling point. Add a round saltspoonful of salt.

Beat a heaping cup of sugar to the yolks of eggs, letting the cream and gelatine stand meanwhile where they will be kept scalding hot.

Pour the cream gradually to the yolks and sugar, beating all the time.

Continue to beat till all is quite light, and cold. Then give it into a second hand to keep beating, while you beat the whites of eggs to a stiff froth.

Add the whites of eggs, and beat all together to a fine froth.

Flavor with two teaspoonfuls of any extract, and turn into moulds lined with slices of sponge-cake. Do not use stale cake; that is only fit to be made into puddings in which it will be recooked. Provide cake nice and fresh enough for the tea-table.

BAVARIAN CREAM.

Two thirds of a box of gelatine, soaked in a cupful of good milk.

Three half-pints of nice cream, scalded in a double boiler.

Stir and dissolve the gelatine with the cream, at boiling point. Add a large saltspoonful of salt. Keep hot.

Beat the yolks of four eggs to thick foam.

Add a cup of sugar, and beat well.

Pour the hot cream and gelatine very slowly to the yolks and sugar, whipping steadily, and continue to whip until very light, and quite cold. Then hand over to an assistant who will keep on whipping until you have beaten the whites of eggs to perfect stiffness.

Add the whites to the rest, and whip all till frothy throughout. Flavor, and turn into moulds that have been wet with cold water.

A cream which I used to know as "Italian" is made like this, omitting the whites of eggs, but beating the rest of the composition a great while, till of the same spongy froth which characterizes all whipped creams.

CHOCOLATE CREAM.

Made precisely like the last, with the addition of four tablespoonfuls of grated vanilla chocolate to the gelatinized cream, and the using of a teaspoonful of vanilla instead of two, in the flavoring.

Plain chocolate may be used, with two teaspoonfuls and a few drops over, of vanilla, in flavoring.

VELVET CREAM.

Two thirds of a box of gelatine, soaked in milk, and prepared with three half-pints of scalded cream, as directed in each of the preceding "Cream" recipes.

Half a cup of sugar, stirred into the cream over the fire, after the gelatine is dissolved.

Take from the fire, and beat very light, adding, as the cream cools, a teaspoonful of flavoring extract, or three tablespoonfuls of rose-water, dropped in very gradually during the beating.

Beat the whites of three eggs very light, and then beat in with the cream till of an even froth. Turn into wet moulds.

SNOW.

Soak one fourth of a box of gelatine in half a cup of cold water.

Grate the rind and strain the juice of a lemon. Mix with these two thirds of a cup of sugar, mashing the rind first into the dry sugar to extract the flavor.

When the gelatine is thoroughly soaked, turn upon it one cupful of boiling water, and stir in the lemon and sugar. Set aside to grow perfectly cold.

Beat the whites of four eggs to a perfectly stiff froth; then strain the gelatine, and add it, little by little, beating as you do so, to the eggs. Whip the whole till it is a perfect foam.

It will take from twenty minutes to half an hour. The cook-books tells us an hour; but with fresh eggs and good gelatine, it need not.

Turn into a mould that has been wet with cold water, and set away.

Set on a pint of rich milk to boil, in a double boiler

Beat the yolks of the four eggs to a thick froth.

When the milk boils, take it off, and stir into it two thirds of a cup of sugar, and a pinch of salt. Leave the outer boiler on the fire.

Turn the milk slowly to the yolks, beating well.

Return the custard to the inner boiler, and stir over the fire till it thickens. See "Custard."

When the mould of "Snow" is quite stiff, turn it out upon a glass dish, and pour the custard around it.

FLUMMERY.

Soak half a box of gelatine in half a cup of cold water.

Scald two cups of thick cream in a double boiler.

Stir the soaked gelatine into the hot cream. When fully dissolved, take from the fire, and pour into a bowl to grow cold.

Beat the whites of four eggs to a stiff froth.

Beat to the eggs one cup of sugar.

Put half a cup of white wine into the cream, or flavor in any other way that you prefer. Grated lemon or orange rind, scalded in the cream, which is afterwards strained, and a little of the juice added when cold, answers very well.

When the cream is *perfectly* cold, turn it gradually to the whip of egg and sugar, and continue to whip all till it becomes a pure foam throughout.

Fill glasses with it, to eat as a whip before it hardens; or put it into a mould wet with cold water, to stiffen as a cream. It may be piled upon a custard, or other light preparation, as a meringue. In this way, as for whip, it must be used before it stiffens.

SIMPLE WHIPPED CREAM.

Put a wineglass of wine, and sugar enough to make quite sweet, into a pint of cream. Set it on the ice to become as cold as possible.

Whip it with a whip-syringe or churn, till it is perfectly frothy.

You may use lemon or orange, as directed in previous recipe, if you prefer it to the wine.

RENNET CUSTARD, OR CURDS AND WHEY.

Set a quart of milk — in the dish intended for the table — where it will become slightly warm. In warm weather, unless it is taken directly from ice, no increase of temperature is needed.

Mix a tablespoonful of "Liquid Rennet," such as comes prepared in bottles, with a glass of wine; or, omitting the wine, put an extra half-teaspoonful of rennet with three tablespoonfuls of rose-water. Stir together well.

Then stir all into the milk; drawing the spoon through gently from side to side, and down to the

bottom of the dish, for half a minute or more. The success of the custard depends on this complete, but gentle, stirring.

Leave it standing for half an hour, or more, when it will be ready to serve. Eat with sugar and cream.

WINE WHEY.

Scald a pint of milk in a small porcelain saucepan.

Stir in six tablespoonfuls of good wine, — pale sherry or Madeira.

Let it just come to a boil, and set off. Strain and squeeze through a muslin. Sweeten a little.

SECTION III.

RECIPES.

PART XI.

SYRUPS, CORDIALS, FRUIT-JELLIES, SHRUBS, WINES, PRESERVES, JAMS, MARMALADES.

I include all the above preparations in one division; and I enumerate them in their natural order. Each is but a step on from the one before; and to know how to make the simpler, initial combinations is to get the right idea of processes, and the reasons why, in making all the rest. There is no need of a long chapter of special prescriptions for this, that, and the other, sweetmeat; or of mystifying with separate departments for syrups and jellies, — jams

and marmalades, — or fruits *in* syrups, *not* jammed, as "preserves." One plan and principle run through the whole. To discern this in any department of cookery is to get the "open sesame."

SIMPLE SYRUP.

To a pound of sugar put half a pint of water. Let it stand awhile, to partially dissolve. Assist this by stirring.

For three pounds of sugar, take the white of one egg, beat it, and stir it in.

Set it on the fire in a nice preserving kettle. When it boils up, put in about a wineglass full of cold water, and let it boil up again. Then set it back where it will not boil, and let it stand till the scum is all gathered at the top. Take this all off, and then boil the syrup till it *is* syrup. You can judge by cooling in a spoon, then pouring and tasting, bearing in mind the quality of nice preserve-syrup which you wish it to resemble.

COLD SYRUP, OR "EAU SUCREE."

To one measure of water put one of sugar. *Stir until perfectly clear.* This — thinned with fresh water to suit the taste — is a pleasant, refreshing, and strengthening drink; and a good resource in traveling, or when one cannot get other refreshment. It is also excellent for a cough, used at the first thickness, by the teaspoonful.

A few drops of essence of wintergreen give it an agreeable flavor for the latter purpose.

To mix simple "*Eau Sucrée*" for immediate sipping, take one measure of sugar to two of water.

CORDIAL.

This is a syrup of fruit-juice, spiced and brandied.

Put any juicy fruit — blackberries, for example — over the fire in a preserving kettle, mash them down with a wooden spoon, as they heat, till all the juice is boiled out. Strain, and measure.

For each quart, put in two teaspoonfuls, rounded, of clove, mace, and allspice, each, and four of cinnamon.

Boil like simple syrup, skimming carefully. When clear and syrupy, take off and cool.

When cold, add a pint of brandy to every quart of your first measure of the juice.

Strain through a close muslin, and bottle. Cork tightly.

SHRUB.

This is a syrup of fruit-juice and vinegar.

Boil juice from fruit as above. Strain and measure.

To a pint of juice add half a pint of strong cider-vinegar, and a half-pint and a gill of sugar. This is for sweet fruit. Currants would require a pint of sugar.

Stir in the beaten white of an egg for every three of the above measures.

Set on to boil, set off and skim, as simple syrup. Boil again ten minutes, strain, and bottle.

WINE.

Wine is a *cold* syrup, fermented.

Of berry-fruits — grapes, blackberries, currants, gooseberries — obtain all the juice by mashing the fruit, and squeezing and straining through a strong cloth.

Put a little at a time into a deep bowl or pan, and press with a wooden spade or pestle, or with your hand. Then put juice and all into your strainer-cloth, and squeeze and wring it till the pulp is left as dry as you can make it. This is done, of course, over the jar, or other receptacle for the juice. Have a pan beside you in which to put the pulp.

Proceed in this way until you have squeezed all your fruit.

This method applies to the making in moderate quantity. In making a great deal of fruit — especially grapes — into wine, you would have to mash it in a tub, taking more at a time. Then dip out and strain the juice, and squeeze and strain the pulp.

For one measure of juice, take one of water, and three fourths, round measure, of sugar.

Use the water tepid; at a temperature of about 60 degrees.

Put the water to the squeezed pulp, and stir and wash it, to get all the remainder possible of juice or flavor. Then strain, and stir with the juice. Add the sugar, stirring till it is all dissolved, as you do with "Eau Sucrée."

Put into a keg with the bung open, or into a jar with the cover not quite closed over it. A jar is best for any ordinary quantity, as you can so easily remove the scum which rises during the process of fermentation. Do this every day.

When fermentation is wholly over, which will not be for several weeks, dip off, carefully avoiding stirring, and bottle.

You can tell when the action of fermentation ceases by its no longer bubbling or foaming up, but becoming perfectly still. There is no harm, but rather benefit, in leaving it still awhile, before bottling. It should, however, be bottled soon, unless made in, or drawn off into, a cask, or demijohn, in which it can be tightly plugged or corked.

If you make it in a keg or demijohn, reserve a part of the raw syrup, and still have the keg almost full. Let the fermentation work the scum up and over, and fill up from day to day with the reserve. This allows the wine to clear itself, in place of the daily skimming which you would do in making it in a jar.

It may be kept in a cask or demijohn, after it is fermented and corked, for several months before bottling.

WILD CHERRY CORDIAL.

Put as many cherries — the small, black, wild ones — as you wish to use, into a wide-mouthed bottle or jar, not quite filling it. Pour in enough good brandy to come up level with the fruit. Turn this

out again, and measure it. To a quart of brandy put a pint of sugar, and stir until dissolved. Then pour all into the jar with the cherries, and cork up. Shake well, and repeat the shaking at frequent intervals for several weeks.

JELLIES.

From berry fruits — which include currants and grapes — obtain the juice by mashing down over the fire, and straining, as in recipe for cordial.

For every pint of juice, measure a pint of sugar. Put it in a pan in an open oven, or close to the fire where it will grow *very* hot; too hot to handle.

Boil the fruit-juice twenty-five minutes. Then stir in the hot sugar and boil five minutes.

Begin to try the jelly, with a few drops in a spoon, as soon as it boils up after the sugar is dissolved. By taking it to a window, or cool place, and pouring it from side to side in the spoon, you can see if it jellies upon it in becoming cold. Keep on with one trial after another in this way, till it does. If the sugar was "piping" hot, five minutes should suffice; but I always test it.

From *apples*, *peaches*, etc., obtain the juice by cuting up the fruit small, after it is peeled and cored, packing it in a preserving kettle, and pouring to it enough cold water to *almost* cover. Then boil, stir, and mash, as with small fruit. Or, cut up and boil and mash *in their own juice only*, in a *bain-marie*, or double boiler.

Strain off the juice; measure a pint of sugar to a pint of juice; heat the sugar; put the juice on to boil. Boil twenty-five minutes; stir in the sugar; boil, and try, as above.

With apple-juice you may boil the thinly pared rind and the strained juice of one lemon, to a pint and a half of juice.

Crab-apples and *quinces* should be cut up, cores and all, for boiling. Use water to cover.

Scald peaches to take off the skins.

The pulp of fruit, from which juice has been strained for jelly, can be sweetened for common sauce, or boiled down with sugar for marmalade.

PRESERVES.

Preserves are fruits boiled whole, or in unbroken portions, in a syrup.

Allow a pint of sugar to a pound of fruit; weighing the latter after it is prepared, as follows: —

Peel pears and apples, and core the latter. Or, rather, *core* and then peel them; as the skin will keep them from breaking by the thrusting through of the corer.

Scald peaches, and take off the skins.

Cut off the ends of pine-apples, slice them from the core, lengthwise, and chop them.

Prick the skins of cherries, crab-apples, and plums, all over, with a large needle. Remove, or retain the stems of the two first named, as you fancy.

Peel, quarter, and core quinces. Simmer the

cores and skins for two hours, in water enough to cover the *quinces*.

Apples, *pears*, and *crab-apples*, prepared as above, are put in the preserving kettle, with boiling water, not quite even with them, — covered close, — and boiled till tender.

Then take out the fruit, and lay it upon large flat dishes to cool.

Make a syrup of the sugar, with the water used in boiling the fruit. Boil and skim till clear, and of the "simple syrup" thickness.

Put in the fruit, a little at a time, and boil it till clear, but do not break.

Take it out with a skimmer, — cool again on the dishes, — and meanwhile boil the syrup until almost jelly.

Put the fruit in jars, and pour the syrup hot over it.

Peaches, or *pine-apples*, are to be laid, when prepared as above, in broad, deep pans, with the measure of sugar in layers above and beneath the fruit. Be sure and cover the surface with sugar. Let stand several hours, or from night till morning.

Drain the syrup from the fruit, and put it on to boil. Clarify with white of egg, as directed in recipe for "Syrup."

When the syrup is skimmed clear, put in the fruit, — a part at a time if you have a great deal, — and

boil till clear and tender. Take out with a skimmer, and lay upon open dishes to cool.

Boil the syrup, and skim it, until it is almost at the jellying point. Try it as you do jelly. When it runs very thick upon the spoon, and all but jellies, take it off.

Put your fruit into jars, and pour the hot syrup over it. Cover with brandied paper, fitted and pressed to the surface of the fruit, and close the jars tightly.

Put *cherries* or *plums* in layers, with the sugar strewed between, in deep earthen or stone baking-pans, or "crocks." Set in an *afternoon* — that is, a gradually cooling — oven, with an inverted plate beneath, and a close cover upon the top of the baking-pan. Keep in a moderate heat for as many hours as you can, and not cook them more than to make them thoroughly tender, and draw the syrup. In the old-fashioned brick ovens, they used to be left in overnight after a "baking."

Next day, drain the juice off, set it over the fire in the kettle, and boil it down to syrup, clarifying in the usual way. The length of time will depend upon the juiciness of the fruit and the consequent thinning of the sugar.

Put in jars, pour the syrup over, and close, as peaches.

To preserve *berries*, make a "simple syrup," — see recipe, — using a pint of sugar for each pound of fruit.

When boiled and clarified, put in a few berries at a time, — as many as will float on the syrup, — and boil till cooked through. Take out with skimmer, and cool on large, open dishes.

After all are done, boil down the syrup until thick, skimming it clear.

Put the berries into small jars, or tumblers, very carefully; pour the hot syrup over them. Put brandied paper next the fruit, and paste paper covers over the jars.

Quinces. Boil them, prepared as directed, in the water the cores and skins were boiled in, adding enough just to cover, if this has boiled away. Do a part at a time, if you have many, and keep covered.

When they are tender enough to run a broom-straw through, take them out on flat dishes, laying the pieces separate, to cool.

Make syrup of the juice, with a pint of sugar to the pint; boil the quinces again in it, twenty minutes; then cool again. Boil the syrup almost jelly-thick, and pour over the fruit in jars. Close as usual.

Cut *melon rind* — that which is left of fair, ripe, but not soft, water, musk, or citron-melons, from the eating — in strips. Pare off the outer skin. Soak overnight in water enough to cover, in which two teaspoonfuls of powdered alum to a quart of water have been dissolved.

In the morning, set the melon rind in the alum-

water on the fire, and let it come to a scald, not boil. It may remain so for several hours.

Turn away the alum-water, and pour fresh boiling water on the rind, to take out the alum flavor. When rinsed with this, lay it into a pan of *very cold* water, and let it grow perfectly cold in it. Then drain and wipe it perfectly.

Now weigh it, and measure a *scant* pint of sugar to the pound.

Make a "Simple Syrup," using half a pint of water to a pint of sugar. Boil first in this water, until tender, the thinly pared yellow rind of one large lemon, or orange, for every pound of the melon. You may add one extra lemon for four or five pounds. Then put in the sugar, and boil and clarify the syrup. When this is made, add the lemon or orange-juice.

If you like ginger, put in a small strip of candied ginger for every pound of melon.

Put in the melon rind, and boil till it looks clear. Take out into dishes to cool. Boil and skim the syrup till thick and rich. Put the fruit in jars, and pour syrup over.

Preserves which are to be eaten very soon may be made with three quarters of a pound, or three gills, of sugar to the pound, for *tart* fruit, and half a pound, or half a pint, to the pound for that which is mild.

Coddled apples are done in this way: Cored, peeled,

and set on to boil, with shavings of lemon peel, — one lemon to half a dozen apples, — in water not quite even with them ; sugar in the proportion above-named being added, — with the lemon-juice also, — and boiled with them till they are done. Keep them from breaking, and only boil till tender and clear.

The syrup may be boiled down to a greater thickness, if desired, after the apples are taken out. Lay them in the dish for serving, arrange the ribbons of lemon rind among them, and pour over the syrup.

JAMS.

Jams, of all berry fruits, are made by scalding and mashing the fruit as for jelly, then adding a pint of sugar for a pound of fruit, and boiling until the whole becomes thick and smooth.

You may boil the fruit in its own juice, when plentiful, for fifteen minutes before adding the sugar. Fifteen to twenty minutes more will then be enough.

Stir constantly.

For *apple*, *pear*, *peach*, etc., pare and cut the frui small. Apples, and the hard kinds of pears, may bc chopped.

Measure a pint of sugar for each pound of fruit and heat it.

Put the fruit on to boil with a half-pint of water for each pound.

Boil till tender and clear. Then add the sugar,

and boil up. Stir and boil, till all is of the jam consistency.

Put in with apple, the juice and shaved rind of one large lemon to a pound.

The same rule in regard to quantity of sugar, for jam that is to be used directly, will apply, as given for preserves.

MARMALADE.

Cut up the fruit and boil it in water to cover, stirring and mashing.

Boil soft fruits — as apples, pears peaches — half an hour; the jelly rule.

Quinces must be boiled an hour; using water in which the skins and cores have been already boiled, as in preserving quinces.

Rub the pulp through a sifter, and weigh.

Allow for tart fruit a pint of sugar to the pound For mild fruit, half a pint and a gill.

Stir sugar and pulp together, and set on to boil slowly, stirring constantly, till it is very thick and jelly-like. When it seems so, try it by cooling. It should cool firm, and cut smooth.

ORANGE MARMALADE.

Grate off the yellow of the rind. Cut the oranges in quarters, and shave the pulp from the white peel of each piece with a small, sharp knife. Take out the seeds, and the bits of white membrane about the core. Do all this over a bowl or dish, to catch

the juice ; and put the pulp into a sieve over a bowl or pan, to drain.

Scrape the pulp which may be left upon the peel, so as to secure all the juice from it.

Put all the juice together, and take a pint of sugar for a pint of juice. Boil them up together, and skim ; then put in the pulp and grated rind, and finish as other marmalade.

Cook half an hour before you try. Orange marmalade need not be *stiff*, to cut ; but must be thick and jelly like.

Put in tumblers or jars, covered with brandied paper.

SIMPLE FRUIT SAUCES.

Pare and cut up your fruit, or take small fruits from the stems, and put into a porcelain kettle with a very little water, say a teacupful to a three-quart kettleful, for the small juicy fruit, and for the large and less juicy, enough to come half way up to the level of the fruit. Cover close, and boil till tender. Then put in sugar enough to make pleasantly sweet, stir, and boil with the cover off, till broken clear, and reduced to a consistency and richness approaching that of a preserve.

This can all be done in short time, if the quantity of water be not too great in the beginning. You can put on fruit for a simple sauce, at five o'clock, to have cool for tea at six.

STEWED PRUNES.

Use *nice* ones. The ordinary "cooking prunes" are apt to be very dirty and worthless.

Put them into a small porcelain kettle, with boiling water to cover them. Boil, covered closely, from five to ten minutes, or simply till swollen and tender. Then turn off almost all the water, leaving just enough for a proper proportion of syrup to dish with the prunes, and sprinkle in a little sugar. Two tablespoonfuls, heaping, if you wish the sauce quite sweet, — will do for a quart of prunes and syrup. Boil a few minutes longer, but do not let the prunes break.

BAKED APPLES.

Core *sour* apples, put them in a tin pan, and fill up the holes with brown sugar. Pour warm water around them to the depth of a quarter of an inch in the pan. Bake slowly; watching, and turning the pan, so as to bake evenly, without any scorching.

Put *sweet* apples into a pan, without sugar or water. Bake slowly; watching carefully.

Apples in baking require *tendance;* they will not *bake* themselves; they will burn one side, and remain hard upon the other. A nicely baked apple should be of the evenness of that roasted before the fire on a twirling string.

DRIED APPLE SAUCE.

Soak until tender, in plenty of cold water to cover, and allow for swelling. The old-fashioned dried apple requires soaking overnight, or for several hours. The delicate *sliced* dried apple, sold as "evaporated apple," requires only about fifteen minutes, in just water enough to cover.

The *strung* dried apple needs careful washing before soaking; the sliced apple is perfectly clean.

Boil in the water it was soaked in. Cook steadily and slowly, stirring often. Break up the dried rind of an orange for every quart of apple, and boil with it. Keep closely covered. When soft, like jam, take off and rub through a vegetable strainer. Set away to grow cold.

This is very good in the spring, when preserves are tiresome and fresh fruits have not arrived.

SECTION III.

RECIPES.

PART XII. — PICKLES.

Pickles are of two kinds: sour and sweet.

Sour pickles are prepared by first soaking in strong brine; then they are drained, wiped dry, and strong vinegar, boiled with spices, is poured over them, scalding hot.

A pint of coarse salt to six quarts of water — boiled, and skimmed clear, then turned boiling hot

upon the pickles that are to be — is the recipe for the brine. This will answer for half a bushel of pickles.

Melon rind, and often cucumber, or other pickle, after soaking in the brine, is scalded in alum-water, to crisp it.

The alum-water is prepared with a teaspoonful of alum, powdered, to a quart of water. Calculate the quantity of water as in making the brine.

Boil up the water with the alum dissolved in it. Put in the pickles, and set the kettle where it will keep them at a scalding heat, but by no means boil. Let them remain several hours. Half a day will not be too long.

When you take the pickles out, put them into ice-cold water, until they are perfectly cold. Then they are ready for the vinegar-pickle.

Grape-vine leaves are sometimes used, for the purpose of "greening" the pickles. If you adopt this plan, dissolve the alum in *cold* water, in proportion as above, and with the quantity of water calculated for your pickles. Prepare this separately; then place in your pickling-kettle alternate layers of vine-leaves and pickles, packing well. Pour the alum-water upon them, and set over a moderate heat, where it will slowly come to a scald. Do not allow it to boil. Keep it closely covered to hold the steam in, and let it remain so for several hours. Then take out the pickles, put them directly into ice-cold water, and let them remain in it till quite cold.

While they are so left, prepare the vinegar-pickle. Use pure, strong, cider-vinegar; *no other*. Calculate in quantity as you do the water for the brine.

VINEGAR-PICKLE.

For every quart of vinegar, take the following ground spices: Two moderately heaped teaspoonfuls of cinnamon. — Two of clove. — One of mace. — One of celery salt, or seeds. — One fair saltspoonful of black pepper. — As much cayenne pepper as will lie easily on the tip of a penknife blade.

Mix them all together, dry; then dip enough of the vinegar to them to wet them smoothly, and stir them to a soft paste. Then lay all in the centre of a square of strong, thin muslin, and gather this up by the edges and tie it, at a finger's length from the mass of spices, very tightly. Cut off the superfluous corners of the muslin, and put the bag into the vinegar, which should be heating to the boil. Add two heaping tablespoonfuls of sugar, half an onion, chopped, and half a lemon, sliced.

Let all boil, carefully covered, for a quarter of an hour, or more, until strongly flavored.

Meanwhile, take the pickles from the ice-water, and wipe nicely.

You may place them in the jar where they are to remain, and pour the spiced vinegar, boiling hot, upon them; or you may put them into the vinegar over the fire, and set the kettle back where they will

scald, but not boil, for a few minutes ; five, for small pickles, from five to ten for larger.

Put them, with the vinegar, scalding hot, into the jars. Put the bag of spices into the middle, among them.

Many other condiments may be used for pickling, as ginger, allspice, mustard, curry. The above simple recipe I find very good ; any of the additions just enumerated may be made at pleasure.

The following proportions may be used to the quantity of vinegar and spices first given : Of made mustard, one teaspoonful. — Of allspice and ginger, one teaspoonful, either, or each. — Of curry powder, one saltspoonful.

Horse-radish slivered or scraped, and put into the jar with the pickles after the boiling, is said to be good for keeping the vinegar nice, as well as for heightening the flavor. A handful will do for a gallon of vinegar.

Two days after pickling, turn off the vinegar, scald it, with the spice-bag in it, and pour it back. Do this in two or three days again ; once more, a week after that.

If necessary, spice more vinegar and add in the reboiling, so as to have always enough to cover the pickles.

Put a plate over them in the jar, when needed, to keep them down.

A SECOND METHOD.

Prepare in brine as above. Omit the alum-scald. Lay the pickles in cold water, when you take them from the brine.

Spice the vinegar; wipe the pickles, as you remove them from the cold water; scald them a few minutes in the spiced vinegar, or not, as before explained. Put them in the jars, stir into the vinegar a teaspoonful of powdered alum, or a piece as large as a hazel-nut, for every two quarts, pour all hot over the pickles.

This is an easy and excellent way.

CUCUMBERS.

Take them small, green, hard, and *fresh.*

Soak in the brine twenty-four hours at least; several days, when convenient.

The remainder of the process has already been fully detailed.

MELON RIND.

Cut in convenient, handsome strips for the table. Pare off the hard, *outer* rind. Leave two days in the brine; then rinse in clear cold water, wipe dry, squeezing a little in the cloth, and scald in the alum-water three or four hours. Take out into ice-cold water, and proceed as with cucumbers.

Be careful to wipe dry from the ice-water, pressing each piece a little, as before mentioned.

TOMATOES.

Take small, round ones. Prick them well with a fork or knitting-needle. Put them into a pan or jar, in layers, with enough salt between to cover. Use the ordinary ground cooking-salt. Let them remain three days.

Drain them ; cover them with equal quantities of vinegar and water, and leave them in this overnight. Then rinse them out in clear water, and dry them with a towel, pressing them gently.

Omit all use of alum.

Prepare the vinegar-pickle, leaving out the lemons, and adding the mustard. When boiled, set it off to grow cold.

Pack the tomatoes in a jar, scattering in a few whole cloves, and some shreds of onion, between the layers. Pour the cold vinegar over them to cover.

PEACHES.

Brush the furry nap off. Boil the brine, and let it grow cold before putting the peaches into it. Let them lie in it two days.

Rinse them in clear water from this, dry them gently, and stick cloves in them, about three quarters of an inch apart.

Prepare the vinegar-pickle, with the cinnamon and mace only, for spicing.

Use no alum.

Boil the vinegar-pickle ten minutes; then put in the peaches, and *scald* them five minutes.

Put all hot into the jars.

CABBAGE.

Strip off the outside leaves; halve or quarter it. Cut out the stump, and slice across the leaves into crinkled shreds. Cut or chop these as much finer as you like.

Pack in a large jar, and cover with salt in layers. Let stand twenty-four hours.

Drain; rinse with equal parts of cold water and vinegar. Turn this off through a colander, and spread the cabbage on a large folded cloth, with another over it, to absorb the moisture.

Prepare the spiced vinegar; put the cabbage in a jar, and pour the vinegar over it scalding hot.

CAULIFLOWER.

Separate into small clusters. Make the brine, using ground salt. Boil and skim.

Put the cauliflowers into the boiling brine, and just *simmer* them five minutes. Take out carefully into a large pan of clear water, very cold.

Prepare vinegar-pickle with two teaspoonfuls of mace — two of celery salt, or seeds — one saltspoonful of white pepper, and a few grains of cayenne, — to the quart.

Pour over the cauliflower hot.

WALNUTS AND BUTTERNUTS.

Take them in summer, when just grown. They should be tender enough to prick through with a large needle.

Rub off the outside skin. Put them in the usual brine, and leave them five days. Begin with them on Monday, for instance, and finish them Saturday.

Drain and wipe them carefully when you take them out of the brine.

Prick each one through two or three times with a large needle, and lay them, as you do so, in a large pan of cold water. Leave them in this for half a day.

Make the vinegar-pickle, with the addition of the allspice. Boil ten minutes. Pack the nuts in jars, and pour the pickle over them.

MANGOES.

These are small green musk, or citron melons, stuffed with spices, and covered in clear boiling vinegar.

Make a brine, as for cucumbers, and pour it boiling hot upon the melons, while they are whole. Let them remain in it two days ; then scald in alum-water, as you do "Melon Rind Pickle," and take out into ice-cold water.

When cold, cut out one of the strips of each by the natural division, and remove the seeds. Fill the rinds with whole spices, in the proportion following : —

One tablespoonful of cloves, — one of broken cinnamon, — one of celery seed, and one of white mustard seed, — half a tablespoonful of mace-blades, — and a saltspoonful of peppercorns, evenly measured

Or, you may mix ground spices by the recipe for "Vinegar-Pickle," moistening to a smooth paste, as in "Pickle Salad," with equal parts of best salad oil and vinegar. Fill the melon shell with as much of this paste as you judge would dress the quantity of rind as a salad.

Replace the cut-out strip; tie together securely, and put the mangoes into jars. Boil enough cider-vinegar to cover them, and pour over scalding hot.

N. B. All the above pickles are to be treated as cucumbers, in respect to the after scaldings.

CHOW-CHOW.

Make ready: Two quarts of hard white cabbage, chopped fine. — One quart, each, of fine-chopped green tomato and cucumber. — Two heaping tablespoonfuls of chopped onion. — Two heaping tablespoonfuls of grated horse-radish.

Mix all thoroughly together, and put them in layers in a pan or jar, with sprinkled layers of ground salt between and over the top. Press down compactly, cover, and leave for two days.

On the second day after, prepare the vinegar-pickle, with the addition of the ginger, allspice, mustard, and curry. Grate and squeeze the lemon, and put in rind, juice, and spices, without a bag.

Drain the chopped vegetables, and squeeze them in a strainer-cloth, to get out all the brine.

Boil the vinegar and spices ten minutes. Then put in the vegetables and boil half an hour.

HANDSOME RED PICKLES.

Cherries: Take fine red, ripe cherries, with the stems on. For a quart, take a pint of cider-vinegar, and a large cupful of white sugar. Boil these together ten minutes; skim; turn off to grow cold.

Pour cold over the cherries, packed in jars. Cover tightly.

Barberries: Do these like cherries, except that you may use a pint of sugar to a pint of vinegar.

PICKLE SALAD.

Make it of any nice sour pickle, — cucumber, cauliflower, cabbage, or mixed pickle, — and for two tablespoonfuls of the spiced vinegar from the jar, take: Yolks of two eggs. — Two fair tablespoonfuls of butter. — Two teaspoonfuls of made mustard. — One teaspoonful of salt, and one of celery salt. — One teaspoonful of sugar. — Two tablespoonfuls of best salad oil. A saltspoonful of curry may be added, especially when this has not been used in the pickling.

Cream the butter. — Stir the yolks of eggs, not beat them, and add to the creamed butter, stirring

smooth. — Add the mustard, stirring in like manner; then curry, if used; then the salt and sugar and celery salt; then stir in the oil, little by little, and beat it well. — Last, drop in the vinegar slowly, stirring all the time.

When all is smooth, mix with it, or pour it over, as much of the pickle as it will serve to dress.

Prepare a small quantity at a time, for immediate use at table; or a small jar full to keep on hand a little while, tightly corked.

SWEET PICKLES.

Any fruit of which you can make a preserve — and this includes the rinds of ripe melons and cucumbers — may be made into sweet pickle.

Any preserve may be made into sweet pickle by the boiling over of the syrup with the addition of spices and vinegar. This is sometimes a convenient way of disposing of superfluous sweetmeats towards spring.

The proportion of sugar to vinegar, for a fresh pickle syrup, is a pound to a pint.

For *apples*, *pears*, and *peaches:* Core and pare the first, and pare the two last. — Prepare the syrup by simply boiling the sugar in the vinegar, and skimming clear. — Stick whole cloves in the fruit, three quarters of an inch apart. — When the syrup is ready, put the fruit in, a little at a time, and boil till tender, but not breaking.

Take out with a skimmer, and lay in the jars.

Pour the pickle-syrup over them hot, when all are done.

Watch, and re-scald the syrup from time to time, if threatening fermentation, and turn over the fruit again, hot.

Plums, and other small, smooth-skinned fruits, are to be well pricked before cooking.

The vinegar may be spiced by process directed for sour pickle, preparing the bag with a heaped teaspoonful each of clove, cinnamon, and mace, and a saltspoonful of allspice, to a pint of vinegar. Boil ten minutes, closely covered; then add the sugar, and finish as in previous recipe.

Cherries may be spiced or not as preferred. The stones give a pleasant flavor, of themselves.

Melon Rind is prepared for preserving, with the alum-scald, etc., then either stick the strips with cloves, and pickle as apples, etc., or make the spiced vinegar-syrup, as for plums.

You can vary, or reverse these spicings, with the different fruits, if you fancy; or you can do any of them with vinegar spiced as for sour pickle, adding the necessary amount of sugar, and boiling as above.

SPICED CURRANTS.

For every five pounds of currants, take two quarts of sugar, and one scant pint of vinegar.

One heaping tablespoonful of ground cinnamon; two round teaspoonfuls of ground clove; one round teaspoonful of ground allspice; one round teaspoonful of powdered mace.

Boil the currants with the sugar as for jam.

When quite thick, add the vinegar and spices, and boil, stirring well, from ten to twenty minutes more, or, until like jam.

CIDER APPLE SAUCE.

Boil new, sweet cider down to one half.

Core, pare, and quarter sweet apples enough to fill up the syrup.

Boil all together, slowly, with frequent stirring, nearly all day, or until thick and smooth.

Keep covered as closely as possible, that the liquid may not waste away too fast.

SECTION IV.

SYNTAX.

Having given you in the preceding sections the parts of speech, my grammar would be very incom plete without an explanation, and a few examples, of how to put them together.

A great many persons have a nice understanding of each separate item in a bill of fare, who would be grievously perplexed and overwhelmed, if obliged in a sudden emergency to carry through the whole

combined operation of preparing them for a single meal.

I propose, in this chapter, to get a few family breakfasts, dinners, and teas, just as I have followed out single recipes; upon the threefold principle laid down at the beginning, of "One to make ready," etc., so that, if anybody's cook goes away at short notice, and she has to get up and prepare breakfast, she may have a simple counsel at hand to hint to her possible inexperience "just how" it may most easily, methodically, expeditiously, and unperturbedly be accomplished. The same also, in regard to the other daily domestic festivals. that they may not turn out fasts or mortifications.

Remember however, in the use of these combined directions, — as in that of their simpler parts, and in all your housekeeping, — to "look forward," that you may not be obliged regretfully and perplexedly to "look back." A great deal of everything, in this world, has to be done the day before.

Think beforehand, and take in the plan of what you purpose doing; that you may be provided with all that is needful — that nothing may come wrong end foremost — and that it may never be too late for any nice, essential point or condition.

BREAKFAST. — NO. I.

Hour, eight o'clock. — Fishballs. — Corn-cake. — Biscuits. — Coffee.

Read over your recipes the evening before, and make ready : —

The fish, properly scalded during the day, and now picked over, and the nice, white parts shredded up fine. — Potatoes washed, peeled, and laid in a pan of cold water. — Bread mixed, and left rising.

If possible, make ready also overnight (otherwise, the first thing after the fire burns and the kettle is on in the morning, and get up therefore fifteen or twenty minutes the earlier) : Meal and flour for corn-cake, with salt and soda, all mixed together in a bowl, and left covered on the movable table. — The covered pitcher or bowl of sour milk for the same. — The eggs, unbroken, of course. — The sugar measured out and covered. — Spoons, baking-pans, etc., needed in both preparations and bakings. — Coffee-pot, with little bag of coffee in it. — Moulding-board, and flour-sifter, with flour in it, and a cloth thrown over them. — Chopping-knife and tray. — Frying-pan, with lard in it, covered.

Table laid in breakfast-room.

Have kindling-wood and coal ready by the stove.

Be up and in the kitchen at as nearly six o'clock as possible. Have your hair covered with a cap or handkerchief.

At half-past six your fire should be burning well, your hearth swept up, and preliminary preparations made during the kindling which I will mention after explaining that.

To make the fire, shake down all the ashes and

cinders, cleaning the grate completely. Then lay in some *twisted* rolls of paper, — then some *slivers* of wood, arranged, not thrown, lightly among and above them, so lodged that one bit will kindle the next, and the air will draw through the whole, — then small pieces of dry wood. (A great many are not necessary, but they must be laid artistically, neither solid nor scattered, but crossed and lodged with a firm balance, that the fire may not tumble all apart before working up into the whole material.) — Then larger pieces, which will make coals. Two or three will do, if rightly placed.

Now close covers and open drafts, and light the paper underneath. When the wood fairly burns, scatter in some coal, being careful to drop it, in its turn, where it will lodge most firmly, and in the angles where the wood is burning strongest. Cover and let this kindle ; then put on, by degrees, all you want.

Always make up a fire from the foundation, as evenly along the whole grate as possible, that it may burn clear and equally from side to side, and settle solidly. Half a stove full, burning in this way, is better than coals heaped to the covers and kindling only in one spot, perhaps quite at one side.

Half fill, or less, your teakettle, as soon as you have built the fire, and set it where it will boil quickest.

When the fire burns well, shut off the chimney drafts, and leave that under the grate open more or less as may be needed.

During the kindling of the fire, and the gradual supplying of the fuel, wipe your potatoes, one by one, and lay them in a saucepan for boiling.

Set out milk, butter, seasonings, and whatever else you may require for cooking. Prepare and set in a cool place the cream and butter for the breakfast-table. Bring out dishes for serving.

It will now be half past six o'clock, as I have allowed. It is better to give the larger margin at this end of your work.

Take your dough from the bread-bowl, mould it on the board, make up your biscuits, put them in the pans, cover them with towels, and set them by the stove to rise. This will have taken you from fifteen to twenty minutes. *Meanwhile*, as soon as the kettle boils, turn the water to the potatoes and set them on. Fill up the kettle, and set it on to boil again.

Put the frying-pan on the back of the stove, to heat gradually.

Chop your fish fine. About five minutes for this.

Cream your butter for the corn-cake. Five minutes more.

Beat the yolks of eggs for the same. A large five minutes for this.

Look to the potatoes, and as soon as they are tender, turn off the water, sprinkle with salt, shake up, and set back to steam a little. — Heat your coffee-

pot and coffee (as by recipe), pour boiling water to it, and set it to boil. — Watch your biscuits, and turn the pans as they rise. — These intermediate cares will have made the difference of about five minutes more.

Put the potatoes into one end of the chopping-tray, mash them, and then chop them up with the fish. Season and mix, and make up the balls.

It will now be close upon half past seven.

Set the frying-pan on in front, to heat in earnest.

Beat the whites of eggs, for corn-cake.

Stir the corn-cake quickly together, put in the pans, and set in the oven.

Put fishballs in the frying-pan, as many as will lie easily together.

Put biscuits in the oven. Set on milk in sauce-pan or inner boiler, to boil for table.

Tend your fishballs, as elsewhere directed, and look after your oven. The last twenty or twenty-five minutes will be busily occupied in this way, and in dishing up. Have everything handy, having set aside all cooking utensils as done with, and ranged your serving dishes, coffee-pot, milk-pitcher, etc., forward on your table.

Fill table coffee-pot with boiling water, and set by fire.

Take the fishballs from the drainer upon their dish, and leave this by the fire or over a kettle. If you have a hot-closet, of course you use it for all such things.

Turn the corn-cakes and biscuits from the pans and put them on their plates. — Pour out the water from the table coffee-pot, and fill with coffee. — Pour hot milk into the milk-pitcher.

Carry all to table as the clock strikes eight.

BREAKFAST. — NO. II.

Eight o'clock. — Biscuits. — Stewed potatoes. — Beefsteak. — Brown bread, steamed over. — Coffee.

Look over your recipes the night before, and think over what articles and utensils you will want, and set them ready. See that there are cold-boiled potatoes.

Mix bread, and set to rise.

You *can* cook this breakfast in three quarters of an hour, after your fire is efficient and oven heating well. It could be done in half an hour, but for the rising of the biscuits in the pans.

Make fire, and set on teakettle, — full, this time, as there is no haste for the boiling water.

Put the loaf of brown bread in a plate, into the teakettle steamer. Set it on when the water boils.

Mould your bread, and make up your biscuits, while the fire is burning up. Set them to rise by the stove.

Prepare butter, cream, and all little matters for the table, bring out serving dishes, and set breakfast-table, if not done the night before.

Set on the double boiler, with milk, for the stewed

potatoes, and cream the butter, with flour and seasoning, for the sauce.

When the milk boils, finish the sauce, and put in the potatoes. Let them come to a boil, and set back where they will simmer slowly.

When the biscuits are risen, put them in the oven, and then make coffee by the egg recipe.

Trim the beefsteak, and have it ready in the broiler.

Set on milk to boil for coffee.

Cut up butter on the dish for steak, sprinkle with pepper and salt, and set by the fire.

Stir the potatoes now and then; otherwise, keep covered.

Put boiling water in table coffee-pot, and keep hot.

When the biscuits are nearly browned enough to take out, dish the potatoes, and keep them hot, and broil the steak. Attend to coffee meanwhile, and set it back to settle. Keep it as hot as possible without boiling, until served.

Open the oven door and leave it so, if the biscuits are done before the steak. You can look to this between the turnings of the latter. You can also take the brown loaf from the steamer, and set it in the oven to dry off.

When the steak is ready, dish it; put the biscuits quickly on their plates; turn the coffee into the pot for table, the milk into its pitcher, and carry all in.

BREAKFAST. — NO. III.

Eight o'clock. — Potato soufflée. — Fried ham and eggs. — Graham griddle-cakes. — Toast. — Coffee, boiled in a muslin bag.

The evening before, cut the slices of ham that you wish to fry, and lay them in cold water.

Pare potatoes, and lay in cold water.

Look over recipes, and measure and set out the things needed, as far as possible. Or else, be sure and rise a full quarter of an hour the earlier, to do this, in the morning.

Kindle fire at half past six. — Half fill teakettle, and set on where it will boil quickly. — Wipe potatoes, one by one, and put in saucepan. — Cut bread in slices for toast. — Take the ham from the cold water, and pour boiling water on it, and set it at the back of the stove, to scald without boiling. — Fill up the saucepan of potatoes with boiling water, and set on where it will boil at once, covered closely. — Keep the fire well shaken down, and settled, so as to have it clear and solid, for frying. — Beat yolks of eggs for potatoes.— Beat up batter of flour, meal, and milk, for griddle-cakes, and measure the soda into a cup. — Turn off water from potatoes, as soon as they are tender, and set to steam. They should be done, ready for mashing, by quarter past seven. — Set on the cream to heat for the soufflée. — Mash the potatoes. — Beat in the butter, cream, and sea-

soning, and keep hot. — Beat the whites of eggs. — Then beat up the yolks again a little. — Then mix the soufflée, as by recipe, and put in the oven. This will be at about half past seven.

Put the coffee-pot on. Heat and shake, fill up with boiling water, and set to boil. — Now fry the ham, put on a hot dish, cover, and keep hot. — Also keep the frying-pan hot. — Set on the griddle to heat.

Toast and butter the bread, and set in the hot-closet, or over a hot water kettle. Afterward, when the soufflée is baked, set the toast in the open oven a minute or two.

By this time, the soufflée will be nearly done. Watch it, and if it is so, set the frying-pan forward again, and fry the eggs.

Carry the ham and eggs to table. — Then the coffee, and the soufflée, and ask the family to breakfast. — Bring in the toast.

Now, dissolve the soda in hot water, and beat with the griddle-cake batter; set your griddle forward, and proceed to fry the cakes, which must be taken immediately from the griddle to the table, in relays.

Of course, where griddle-cakes are in question, there is no question of the cook's breakfast meanwhile. That must be a sacrifice.

BREAKFAST. — NO. IV.

Eight o'clock. — Biscuits. — Hominy. — Omelette. Coffee, boiled in bag. — Chocolate. — Buckwheats.

Mix bread and buckwheats over night, and let everything ready that you possibly can, for the morning.

Always read over your recipes, and have the order of them fresh in your mind.

An hour and a quarter, which the biscuits require for moulding, rising, and baking, will include the getting of the rest of the breakfast, after the fire is burning thoroughly.

Mould the biscuits, and set in pans to rise.

Beat up the buckwheat batter, and set to rise up again.

Wash the hominy and put on in double boiler.

Scrape the chocolate, and arrange all things for making the omelette which could not be done the night before, — breaking eggs in separate bowls, getting the cream and butter, — and set forth the dishes for serving.

Cream the butter for omelette, and add cream. — Beat yolks of eggs. — Put coffee on to boil. — Cut up butter in omelette-pan.

When the biscuits are risen, put them in the oven.

Make the chocolate.

Put on the griddle at the back.

When the biscuits have been baking five minutes, uncover and stir the hominy, salt it, and leave to boil down as necessary.

Finish beating and mixing the omelette, setting on the omelette-pan when almost ready, and when this is hot, fry the omelette.

Finish the omelette in the oven, as by recipe; meanwhile, scald the table coffee-pot. — Take out your biscuits. — Stir butter into hominy, and dish up. — Set griddle forward. — Serve up coffee and chocolate. — Carry all to table. — Call to breakfast, and then bring in the omelette.

Return to kitchen, beat the soda into your buckwheat batter, and fry your — I mean other people's — cakes.

DINNER. — NO. I.

Dinner at two o'clock. — Roast turkey. — Cranberry sauce. — Brown mashed potato. — Sweet potatoes baked. — Macaroni. — Custard pudding.

Early in the morning, clean the turkey, and wash and peel the potatoes and lay them in cold water. You can be doing this last in any intervals of the breakfast-getting.

The turkey should be attended to the moment breakfast is off your hands. If it was frozen, it should have been laid in cold water as soon as anybody was up to do it.

The next step toward dinner is to make the dressing, stuff the turkey, truss it, and lay it in readiness in the pan. For all this refer to directions elsewhere.

If you breakfasted at eight o'clock, we will allow that it may now be half past nine.

Turn boiling water to the cranberries. — Wash the sweet potatoes. — Pick over the cranberries, and

put them on to boil. — Set the sugar for the cranberry sauce where it will heat.

Collect materials for the pudding, and proceed with that, attending to the cranberry sauce as it requires.

Set the custard on to steam.

The cranberry sauce will now, probably, be ready to come off; at, say a quarter past ten. — Finish pudding, and set it away to cool.

Strain cranberry sauce, if it is to be strained, and set that away to cool.

Now see that your fire is in good condition, and your oven likely to be right for roasting. At half past ten, it must be solid and clear, but not at all *exhausted*, and receive a moderate replenishment of coal at top, which is to last through the cooking; except, if needed, a mere sprinkle that will not check the heat. At the same time, put in the turkey, which will thus heat more gradually at first. By a quarter to eleven, — if a large one, — it must be thoroughly hot, and begin to roast. Follow former instructions in tending and basting.

Between this time and a little before one, there will be nothing else to do in regard to dinner, except to see that all your seasoning and conveniences are at hand upon your movable cooking-table, which should be drawn within easy reach of the stove, — and to take out and break up the macaroni which you mean to prepare. Unless you wish to make some pie-crust strips to eat with the custard

pudding, which you will have plenty of time for, in case there is room in the oven, beside the roasting-pan, for plates or pans in which to bake them. If this is not so, the pie-crust is one of the many things which must be prescribed to be "done the day before."

At ten minutes before one, wash the macaroni, and leave it in fresh cold water. Put the potato-boiler on, with plenty of water from the teakettle. Wipe the potatoes dry, and put them into the boiling water at one o'clock, or a few minutes earlier.

Continue to watch and baste turkey, carefully.

At one o'clock, or from one to a quarter past one, — according to size, — put sweet potatoes into the oven.

Set on saucepan, with boiling water for the macaroni. At twenty minutes past one, put in the macaroni.

Attend to potatoes, and as soon as done, mash them, butter and season them, and set them on the oven shelf to brown.

Cream the butter for the macaroni, and set the cream ready to heat.

Continue to watch and manage the browning of the turkey; but during this last half hour, avoid having the oven open, if possible. Take care of the potato, and if it browns too readily, move it to the lower part of the oven, or set it at some corner of the stove to keep hot, and finish it after the turkey is taken out, and while the gravy is making.

At a quarter before two, mix butter and cream together for macaroni, drain off the water from it, and pour the dressing upon it.

Take up the turkey, and set the roasting-pan on the stove, to finish the gravy. Strain this into gravy-boat, and keep hot.

Dish up macaroni and potatoes, and send in dinner.

DINNER. — NO. II.

Dinner at two. — Boiled mutton. — Drawn butter sauce. — Boiled potatoes. — Cauliflower. — Lemon pudding.

Pare potatoes, and lay them in cold water, early in the morning.

At twelve o'clock, prepare everything for making the pudding : pound crackers, grate lemons, etc.

At quarter past twelve, have the pot boiling for the mutton. — Prepare and wrap it in the cloth. — Put it on — if a piece requiring an hour and a half — twenty minutes past twelve. Cover, and bring to a boil again as soon as possible.

Trim the cauliflower, and lay it in cold water.

At a quarter to one, beat eggs, scald milk, and put the pudding together. Bake : if done before dinner, keep hot. Have water boiling in saucepan for the cauliflower.

Put cauliflower in at one o'clock.

Beat the butter for cauliflower dressing, adding the arrowroot and salt. Have the cream ready.

Beat butter and thickening for drawn sauce. Have saucepan ready, with boiling water, for potatoes. Use vessels for vegetables that will best accommodate each other on the stove.

At a little before half past one, wipe the potatoes. Put them in at half past one.

At a quarter to two, scald cream for cauliflower, and stir up and thicken the dressing.

Pour boiling water to the butter sauce, and stir over the fire. Then set the bowl over the teakettle, and stir now and then till wanted.

Steam off the potatoes. — Dish the cauliflower, pouring the dressing over it. — Take up and dish the mutton; pour a few spoonfuls of drawn sauce over it, and scatter a few capers. — Turn sauce into tureen, and send in dinner.

Serve capers in a little pickle-dish, separately.

DINNER. — NO. III.

Dinner at two. — Oyster soup. — Beefsteak. — Sweetbreads, stewed. — Snow potatoes. — Scalloped tomatoes. — Sweet corn. — Summer squash. — Apple pie.

Early in the morning, pare the potatoes and lay them in cold water.

As soon as the kitchen is clear, after breakfast, make your apple pie, — or two, — if not made the day before.

Husk the corn. — Wash and wipe the squash, but

do not cut it up. Set all these in a cool place till wanted.

Set out all you can think of which you will want for each piece of cooking on your table.

Scallop the tomatoes, ready for baking.

Take care of your fire, so that at one o'clock it shall be even, solid, and clear, and the whole surface of the stove available for cooking.

Beat butter, thickening, and seasoning together, for soup. ✝ Have cream ready. ✝ Cream butter, flour, and seasoning for sweetbreads. ✝ Put butter, pepper, and salt on dish for steak, and steak in broiler. You will be in a hurry with several things together at last. ✝ Have plenty of boiling well-water in a large kettle at the back of the stove, from which to fill saucepans, etc., for the different articles.

Cut up squash, and put in steamer to go over the kettle in which you will boil the corn. Have this kettle *very* clean, on the fire, with boiling water. At quarter past one set steamer over it, and put tomatoes in the oven. ✝ Wipe potatoes, and set on pan or kettle for them, with boiling water. ✝ At twenty minutes past one, set sweetbreads on in a small saucepan, for first boil.

At half past one set the soup-kettle on, with boiling water and oyster liquor, as by recipe. A porcelain kettle, holding a little more than three quarts, will do, and can be most easily shifted on the stove in making room for the other things. ✝ Put potatoes and corn to boil, in their respective vessels. ✝ Look

to the tomatoes, and see that they are baking properly.

At thirty-five minutes past one the sweetbreads will probably be ready to take out and lay in cold water. Keep that in the saucepan hot.

When the soup-liquor boils, stir in the butter-thickening, taste, and add, if necessary, to the seasoning.

At a quarter before two put back the sweetbreads; when they boil again, stir in the butter-thickening prepared for them, and set where they will simmer.

By ten minutes to two, have the oysters in the soup. Boil, as directed in recipe, till the oysters curl well. Then stir in cream, boil up, and if need be, set back.

Take up the squash; turn water from potatoes, and set them to steam off. Have the dish heating to serve them in. — Dish the soup, and send in. — Squeeze the squash, mash it, dish it, and keep hot. — Rub the potatoes, or let some one else do it, through the colander into their hot dish, and keep hot. *Meanwhile, do not leave the fire uncovered, but shake it down to clear coals for the broiling of the steak, and have that on.* You can keep it turning, while you are also working at the vegetables, your cooking-table being beside the fire.

Finish the steak. Dish, and send all in, when the soup comes out.

DINNER. — NO. IV.

Dinner at two. — Beef soup. — Boiled salmon. — Egg sauce. — Plain potatoes. — Green peas. — Roast lamb. — Mint sauce. — Cream potatoes. — Spinach. — String beans. — Blanc-mange.

Make blanc-mange the evening before, or before breakfast in the morning, and set on ice.

The soup, also, is supposed to have been boiled the day before.

Early in the morning, pare potatoes, and lay in cold water.

Shell peas. — String and break up beans. — Wash spinach, and leave in cold water. Have all these things ready by twelve o'clock.

Prepare any vegetables intended for soup.

Arrange your cooking-table as usual, thinking of each dish separately, and the materials and utensils needed.

Make mint sauce. — Cream butter for fish sauce, and for spinach dressing.

Wash, scrape, and tie up the salmon in its cloth. — Prepare lamb, and put it on the pan.

Have a proper fire and oven at half past twelve, and plenty of boiling well-water to fill utensils from, and these utensils all ready.

At ten minutes to one, put spinach on to boil.

At one, put lamb in the oven, salmon on to boil, also string beans and potatoes over them, in a steamer. These last are for mashing with cream.

At quarter past one put on soup-stock to boil. When it does so, make your additions and seasonings.

Tend the lamb, basting and browning as elsewhere shown.

Stir up creamed butter, and put in thickening for fish sauce. — Stir up creamed butter, and have cream ready, for potatoes, and for spinach dressing.

At half past one, put in peas to boil, also potatoes to steam for plain dish, taking off those for mashing. — Look after the roast and the soup, tasting the latter, and adding seasoning if needed.

Set cream to heat for mashed potatoes. Mash and sift them, stir in butter, salt, and hot cream, beat smooth and soft, and set the bowl where it will keep hot, stirring now and then. Keep covered.

Put eggs to boil for fish sauce.

At quarter before two take up the spinach, — or let an assistant do it, while you finish with the potatoes, — and beat up the egg, butter, and cream for the spinach dressing. Let the spinach be chopped very fine, so that it can be worked to a smooth paste ; stir in the dressing, and set it on the back of the fire in a saucepan.

Set plain potatoes to steam off.

Turn soup into tureen, and send to table.

Try the salmon, and take up if done, as it should be, and lay on drainer. — Shell and chop the eggs.

Turn boiling water to the beaten butter for the fish sauce, set it over the fire, and stir up. Then set well back, or over kettle.

Take salmon from cloth, carefully, as by special directions.

Pour butter sauce on the egg in tureen, stir, and send fish and sauce to table.

Take up, and dish lamb ; boil up gravy, and strain into tureen. — Dish the string beans, spinach, and creamed potato, and have all ready to send in when the fish comes out.

Turn out blanc-mange while dinner is going on, and have ready, with cream, to send in at its proper time.

These last dinners are not examples for the days when your cook has gone away, — Fourth of Julys, for instance, — but are rather such as it is well for the housekeeper who is training a cook to prepare *with* her, when circumstances allow, in order to render her capable of proceeding by herself at times when they will not allow.

Also, some such synoptical idea is very needful for the young housekeeper who merely orders her dinner, and may have very little notion of how her bill of fare can be practically carried out, in respect to time, space, and relation.

TEA. — NO. I.

Seven o'clock. — Thin bread and butter. — Strawberry short-cake. — Sliced tongue. — Tea.

The tongue will have been boiled yesterday, and

left in the water it was boiled in until the forenoon of to-day; then keep in a cool place.

At six o'clock, have everything ready upon your kitchen tables. The materials for the short-cake, — the loaf, plate of butter, tea measured into teapot, — the tongue, — utensils for mixing and cutting, and the dishes for serving. — See that your fire is good.

Begin at this time to prepare your short-cake. Cream the butter, or chop it into the flour, as the case may be. At quarter past six will be time enough to mix and roll out, and put into the oven. Meanwhile prepare the fruit.

While the cake is baking, cut up the tongue, in lengthwise slices, and lay handsomely upon a dish. — Spread your bread upon the loaf; then cut, with a long, sharp, thin-bladed knife, each slice, as buttered, as thinly and evenly as possible. Cut across in halves, or strips, as you like, before putting on the plates. Otherwise, in pressing the knife through the pile, you press the under side of one slice upon the buttered side of the next; and you want each to be nice, separate, and comfortable to take in the fingers.

See that the cream, butter, etc., are all provided for the table, and send these things in, with the tongue, and bread and butter.

Watch the baking of your cake, as by instructions therefor. When done, take out, split and butter, as also directed. While doing this, turn the boiling water to the tea, and set it to steep gently; merely keeping its temperature, not increasing it.

Finish arranging your cake. Scald the teapot for the table, and pour in the tea.

Send all in.

TEA. — NO. II.

Seven o'clock. — Light biscuit. — Buttered toast. — Lobster salad. — Crisp crackers.— Tea. — Coffee.

Make your salad dressing beforehand ; at any time in the afternoon. Cover, and keep on ice.

Have the lobsters opened, and the meat chopped up, between five and six o'clock. Keep this also on the ice till wanted.

Have the salad washed and laid in cold water.

Have the crackers split and buttered.

At six o'clock, let all the materials for biscuits, toast, and tea and coffee making, be ready together. See that the fire is good. Cream the butter for your biscuits.

Cut slices of bread for toast, and keep them laid together, loaf-fashion, till you want them.

Have the salad wiped dry, and cut, or torn, in small pieces, and the lobster-meat brought and mixed with it.

At half past six put your buttered crackers into the oven.

Mix up your biscuits, and put them into the oven as soon as ready. Meanwhile have the crackers watched, and when crisp taken out. They can be set in again if necessary, for two or three minutes while the other things are being carried to the table.

Make your coffee. Put dressing to the salad, and pile in bowl.

Set tea to steep at five minutes to seven. Settle the coffee.

Have the bread toasted and buttered while the biscuits are still in the oven, if you can toast before or under the fire. Otherwise, let it be done and sent in afterward.

TEA. — NO. III.

Seven o'clock. — Dipped toast. — Popovers. — Baked apples. — Broiled smoked salmon. — Tea.

Bake the apples in the afternoon, and set away in dish ready for table.

Lay the salmon to soak beforehand, as by directions elsewhere.

Mix the batter for the popovers at six o'clock.

At half past six, make the dip for your toast. If you can toast the bread under or before the fire, proceed to do so, and to dip it. Otherwise, have all ready to do it quickly when the popovers are baked and the oven door can be opened, leaving them inside.

At quarter to seven, put on the salmon to broil. This also must be completed under or before the fire, or after the baking of the popovers is secure. There is no difficulty in broiling or toasting underneath, if the fire is clear and clean.

At five minutes to seven, steep the tea.

Dish the toast, — the salmon. — Put the popovers last upon their plates, and send all in.

TEA. — NO. IV.

Seven o'clock. — Huckleberry-cake. — Bread and butter. — Scorched fish. — Tea.

Wash, dry, and shred the fish beforehand. At six o'clock, put it over the fire, — not *on* the stove, but raised on a trivet, — in a spider. Let it dry and parch slowly.

Have all the things ready, as usual, upon your working-table, for making cake, etc., and cream the butter for the cake.

Beat eggs, and be ready to mix the cake quickly at quarter past six, and put it into the oven. — Put the spider, with the fish, *upon* the stove, and turn and tend the bits of fish. Continue to manage this, as may be required, so as to thoroughly crisp and brown it, while the rest of your work goes on. See to it during the last moments of the baking, and if necessary, set the spider into a cover-hole. Toss and turn the shreds until they are *scorched*, not *burned*. Set aside when you take out your cake.

At five minutes to seven, steep the tea.

Cut the cake with a hot knife, through the upper-crust, break it in strips, and pile on plates for the table.

Send all in.

SCALLOPED OYSTERS.

This is such a frequent and favorite dish for tea or supper, that I think it may well come in here, since it was inadvertently omitted in the earlier part, among the recipes.

Make ready: One quart of solid oysters, carefully stripped of sand and shell. — The liquor drained and strained, and enough hot water added to make a half-pint. — If wine is used, let it make a third, or more, of the measure of liquid. — Salt to a sea-flavor, and set where it will heat. — A heaping half pint cup of fine cracker crumbs. — An even saltspoonful of pepper, and a heaping one of mace, mixed dry with the crumbs. — Half a cupful, pretty compact, of broken butter, melted.

Mix the melted butter with the seasoned cracker crumbs till all are crisp and buttery.

Put a layer of crumbs in a buttered dish, moisten them with a few spoonfuls of the liquid, then put in an even, close layer of oysters. Repeat these layers, with the moistening, till everything is used.

Bake three quarters of an hour, or an hour.

If the top crumbs do not seem moist and rich enough when half baked, drop some bits of butter upon them, and add, if needed, a little hot water with a spoon. Brown nicely.

SEVEN LITTLE THINGS TO KNOW.

Ammonia, in dish-water, or in any water for cleaning, removes grease and soil, and leaves the articles cleaned very clear and bright. Use a teaspoonful to two quarts of soft water. More, if the water is hard, or the thing to be cleansed is very dirty. It may be mixed with rum, or alcohol, in the same, or much larger proportion, for sponging clothing. Even up to the measure of half and half, it can be used for many things, according to their character, and the mode of application; and from this to the undiluted state for obstinate spots, and applied to them with a brush or a flannel.

Sal soda — a lump as large as an English walnut in a three or four-quart kettle, or more according to circumstances — is good for boiling out tins and irons. Leave them on a long time, and keep them filled up with water.

When iron utensils — as spiders, griddles, and gridirons — are very bad, heat gradually, then put them *into* the range or furnace, and burn them out in a strong fire. The excellent housekeeper who told me this said that all the sooty crust would burn off, and they would come out as good as new.

A strong suds, made with *soft* soap, is excellent for silver. Leave the articles in for some time, — while you are washing other dishes, for instance, —

then add scalding water, that they may come out *hot*, — which is an essential condition for the polishing of silver, glass, or china, — and take one by one and rub hard with the towel. Silver can be kept brilliantly clean for months in this way, if so washed after every using. A little ammonia may be added tc the suds.

Dinner dishes and plates, which have had greasy food upon them, may be rubbed off with a little Indian meal before putting into water. They are thus prevented from making the water unfit for continued use, and the meal, saved by itself, is good for the pig or the chickens, if you have them.

If anything is spilled, or boils over, on the stove, and makes a smoke and bad odor, sprinkle a little salt upon it and it will be immediately counteracted.

Ice may be kept very nicely without a refrigerator, if wrapped closely in a strong, thick cotton cloth, and put in the cellar in a large tub, supported in such a way that the water from it may not rise around it. The evaporation from the wet cloth retards the melting.

LAST WORDS.

It is certain that a woman cannot want the last word, simply because nobody seems to know so well as a woman that there can be no last word. Other people suppose that there is such a thing as a final-

ity; a woman perceives that there is always more to be said — or done — on any side of anything. For that very reason, she is always struggling with *a* last word.

I want to say one or two of them before the covers of my little domestic treatise close inexorably upon them.

If you have followed — either practically or in mere review — the order of my essay, you have perceived that as it has gone on, it has gradually made allowance for a forming judgment, and that common sense which was taken for granted at the outset; and has ceased to reiterate, in detail, all the settings-forth and preparations that were begun with. It is supposed that as breakfasts come before dinners, and the making of breads before the concoction of sauces, puddings, and sweetmeats, — the training in the first things will have given the index for the subsequent; and that from step to step, and process to process, first principles may be considered as established and made habitual, for understanding and practice throughout. I have repeated quite persistently enough, I am well aware; but I have not strung my story altogether on the house-that-Jack-built plan.

I would ask that you please to take it as a whole and examine it as such; not treat it as a compendium for mere specific and detached reference. I have wished to give some simple idea of the relations from which work out all "differentiations"

that are and may be in domestic art, and that reach far beyond my specific knowledge; so that one thing may easily lead to another with you, and you may do a great deal more on principle than you could do by rote.

And here comes in my apology for any possible oversights of author, printer, or proof-reader, which may affect detail, and would be so disastrous in merely literal, mechanical directions. If you detect any small lapsus or inconsistency of the sort, after all the care that it has been possible to take against it, — refer and subject the question to the principles laid down for the construction of all such formulæ, and for the very detection of any such incongruity; and do not be hampered by the formulæ themselves.

Improve and invent, as fast as you can; they are meant for a basis for improvement and invention.

And most especially, do not let your taste or conscience be compelled by any arbitrary rules of anybody's, in material or proportion. You may make things more or less rich, or sweet, — more or less, or differently, spicy; it will not alter essentials.

Think for yourself; the present purpose is accomplished if you have been shown in any degree "Just How" to think.